

Cook together. Eat together. Talk together.
Make mealtime a family time.

Cowgirl Veggie Casserole

Serves 6

1 medium	Onion (diced)	2 cups	Beans (cooked)
1 cup	Carrots (diced)	½ teaspoon	BBQ Seasoning
1 large	Bell Pepper (diced)	1 tablespoon	Ketchup
1 can (15 oz)	Green Beans	1 cup	Cheese (shredded)
1 can (15 oz)	Corn		

1. Preheat oven to 375°F.
2. In a large skillet, cook onion, carrots, bell pepper and green beans for about 5 minutes; stir in corn, cooked beans, BBQ seasoning and ketchup.
3. Cook another 2 minutes or until heated through; pour into a baking dish and sprinkle top with cheese.
4. Cover and bake 30 minutes or until casserole is bubbling and cheese has melted.

Foods in **bold** are WIC approved



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Nutrition Facts

Serving Size 1/6 recipe (301g)
 Servings Per Container 6

Amount Per Serving

Calories 190 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

 Saturated Fat 1g **5%**

Cholesterol 5mg **2%**

Sodium 760mg **32%**

Total Carbohydrate 30g **10%**

 Dietary Fiber 7g **28%**

 Sugars 15g

Protein 11g

Vitamin A 80% • Vitamin C 100%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Cooking Dry Beans: *(makes 2 cups cooked)*

1 cup **Dry Pinto Beans**
 4½ cups Water (divided)

1. Wash and drain beans; in a large pan, bring beans and 2½ cups water to a boil; cook for 2-3 minutes.
2. Remove from heat; cover, and let stand for 1 hour; drain water and rinse beans.
3. Cover beans with 2 cups fresh water and cook on low heat for 1 to 1½ hours until tender; add more water if necessary.

Recipe Tips:

- ✦ Drain water from canned vegetables
- ✦ Substitute ketchup with tomato paste
- ✦ Add ground beef, chicken or pork to recipe (step 2)
- ✦ Use BBQ sauce, to taste, in place of BBQ seasoning

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-842-1508.