**Black Bean Casserole**

**Produce**

garlic (if needed)

1 yellow onion

curly parsley

1 red bell pepper

1 green bell pepper  
  
1 rutabaga

1 avocado

1 lime

1 orange

**Canned/Dried Foods**

1 lb. dried black beans(if cooking beans)

unseasoned panko or bread crumbs (if needed)

low-sodium vegetable broth *(if needed)*

not chick’n bouillon cubes (if needed)two 15 oz. cans black beans (if not cooking dried beans)

dried rosemary leaves (if needed)

dried thyme leaves (if needed)

whole cloves (if needed)

bay leaf (if needed)

**Frozen Foods**

Beyond Meat Hot Italian Sausage  
  
Chik’n strips of choice

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

nonfat, plain yogurt

butter (if needed)