

Black Bean Casserole

This casserole is reminiscent of the traditional cassoulet that came out of southern France around the 14th century. Black beans, instead of white, are used because I like the color contrast the beans provide. Use a Field Roast or Beyond Meat Italian sausage in this version of the casserole.

You'll find excellent flavor and interest in this re-engineered version of cassoulet. The meal is finished with a slice of artisan bread and a citrus fruit salad.

Preparation time: 1 hour and 45 minutes - Servings: 4

If you're home-cooking black beans, add an extra hour to your preparation time and cook the beans before you start the rest of the recipe.

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients on small plates or in bowls as you get started. You'll enjoy cooking when you have everything ready at your fingertips.

Home-cooked Black Beans

2 C. dried black beans (soaked overnight)
plus
5 C. water
and
1 cube of Not Chick'n Bouillon

- or -

two 15 oz. cans black beans

Salad/Pita Rounds

1 orange (peeled and chopped)
1 fresh avocado (chopped)
2 tsp. lime juice
2 tsp. olive oil
2 tsp. low-sodium vegetable broth
dash of garlic powder
2 rounds pita bread

Garnish:

4 T. crumbled feta cheese

Black Bean Casserole

1 Field Roast, Beyond Meat or equivalent Italian Sausage

1-1/2 C. rutabaga (peeled and diced)

1 tsp. olive oil

15 Chick'n strips

1/4 C. white wine

2 cloves garlic (smashed and chopped)

1-1/2 C. yellow onion (chopped)

2/3 C. celery (chopped)

2/3 C. red bell pepper (chopped)

2/3 C. green bell pepper (chopped)

1 tsp. white truffle oil

another 1/4 C. white wine

1 bay leaf

1/2 tsp. dried rosemary

1/4 tsp. dried thyme

placed in a gauze spice packet with

½ tsp. ground black pepper

1/4 C. fresh parsley (chopped)

3 C. home-cooked beans or (two 15 oz. cans beans)

3/4 C. dried bread crumbs

3 tsp. melted butter

1 T. low-sodium vegetable broth

pinch of salt

*If Cooking Beans,
Boil pre-soaked beans for
1 hour over medium-low heat.*

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

If you're cooking beans today, be sure your beans are done before you start the assembly. Once the casserole is cooked, let it rest for 15-20 minutes before serving. Preheat oven to 375°.

Black Bean Casserole

1. Brown Field Roast or Beyond Meat Sausage and set aside to cool.
2. Boil diced rutabagas in 3/4 C. salted water for 5-minutes. Remove from heat. Set aside.
3. In large sauté pan, brown Chick'n strips in oil. Add first 1/4 C. white wine and garlic. Toss until wine cooks away and garlic become fragrant.
4. Chop browned sausage and add sausage and add along with onion, celery and peppers. Toss 4 minutes.
5. Add steamed rutabaga pieces and toss well.
6. Mix truffle oil and white wine and pour over mixture. Add bay leaf, rosemary/thyme spice packet, pepper and parsley. Toss until wine cooks away and remove from heat.
7. Add 3 C. home-cooked beans plus 1/2 C. bean cooking water or 1/3 C. reserved liquid from two 15 oz. cans black beans as you drain them. Finish draining and rinsing canned beans and add reserved liquid from beans to vegetable/sausage mixture and toss well.
8. Transfer to an oiled ceramic, covered casserole dish or Dutch oven with a cover.
9. Mix breadcrumbs, butter, broth and salt. Spread over top of casserole and lightly press with a spatula. Cover and bake 40 minutes in 375° oven. After 40 minutes, remove lid and cook under broiler until bread crumbs start to brown. Remove from oven, and cool, uncovered, for 15-minutes.

Avocado/Orange Salad and Warm Bread

1. Place chopped orange in a bowl. Add chopped avocado and toss lightly. Mix lime juice, olive oil, broth and garlic powder in a separate bowl. Gently fold together with avocado and oranges.
2. Lightly warm two pita rounds and cut into quarters.

Garnish and Serve

Measure 2 C. casserole onto each serving plate and sprinkle with crumbled feta cheese. Serve with wedges of warmed pita bread and salad on the side.

What I've Learned from this Recipe

This casserole is perfect for guests or family gatherings. Once it is assembled, You can bake it later. You'll have plenty of time to socialize and connect while the casserole cooks and rests.

Let us know what you think, and any questions you may have! chezdon@plate6.com