

Black Bean and Corn Loaf

This Mexican-style black bean and corn dish is rich in flavour and iron. The addition of acidity from the tomato sauce increases the bioavailability of the iron present in the beans. If using canned beans and/or corn reduce the amount of salt.

3 1/2 C cooked brown rice (1 C raw = 3 1/2 C)
2 C cooked black beans (19 oz can = 2 C)
1 C corn; fresh, canned or frozen
2 tsp olive oil
1/2 onion, diced
1 C celery, diced
1 garlic clove, minced
1 tbsp basil
2 tsp oregano
1/2 tsp cumin powder
1/2 tsp salt
1/4 tsp black pepper
2 eggs, beaten
2 C tomato sauce, optional

- preheat oven to 350 degrees
- mix rice, beans and corn together in a large bowl.
- Saute onions, celery and garlic in oil over medium heat for 5 minutes or until onions are soft. Let cool for 3 minutes and add to bean mixture.
- Stir in basil, oregano, cumin, salt, pepper and eggs.
- Pour into lightly oiled loaf pan, cover and bake for 30-40 minutes or until set. Serve with tomato sauce if using.

Tomato salsa

1 1/2 C tomatoes, diced
3/4 C red onions, diced
3/4 C red, green and/or yellow Bell peppers, diced
1 jalapeno pepper, minced
1/4 C parsley and/or cilantro, chopped
2 tbsp, lemon juice
2 tbsp, olive oil
1 1/2 tsp ground cumin
salt and pepper to taste

- In a medium mixing bowl, mix all ingredients together, Adjust the seasoning.
- Refrigerate for at least 3 hours before serving.