

DINNERLY



Cheesy Black Bean & Corn Polenta Casserole

with Salsa



1h



2 Servings

This Southwestern-style dish takes creamy polenta, aka coarsely ground cornmeal, and turns it into a casserole that would even impress Grandma. We've got you covered! (2p-plan serves 4; 4p-plan serves 8)

WHAT WE SEND

- 15 oz can black beans
- 2 (3 oz) quick-cooking polenta
- 5 oz corn
- 2 (4 oz) salsa
- 1 oz sour cream ⁷
- 2 oz shredded cheddar-jack blend ⁷

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- 2 large eggs ³
- all-purpose flour (or gluten-free alternative)
- garlic

TOOLS

- medium saucepan
- large (2–3 qt) baking dish
- rimmed baking sheet

ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 440kcal, Fat 16g, Carbs 57g, Protein 19g

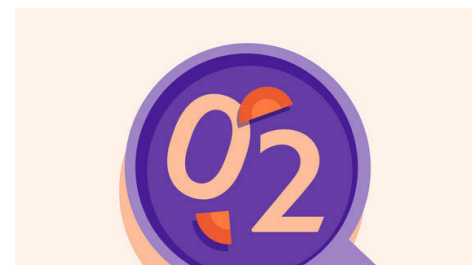


1. Prep ingredients

Preheat oven to 400°F with a rack in the upper third. Bring **3½ cups water** to a boil in a medium saucepan. Lightly **oil** a large baking dish.

Finely chop **2 teaspoons garlic**.

Drain and rinse **beans**.



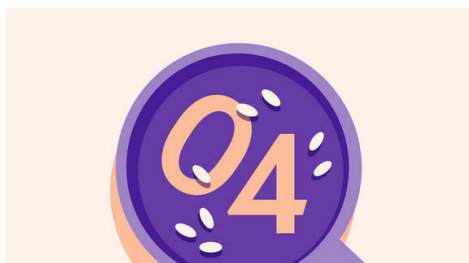
2. Cook polenta

Whisk **polenta** and **1½ teaspoons salt** into boiling **water** in saucepan; bring back to a boil. Cover and reduce heat to low, stirring occasionally, until grains are tender and polenta is thickened, 6–8 minutes.



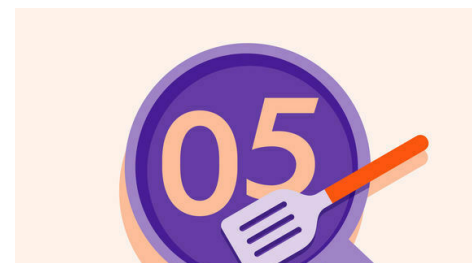
3. Make salsa-bean topping

In a large bowl, combine **beans, corn, all of the salsa**, and **1 tablespoon oil**; season to taste with **salt and pepper**.



4. Assemble casserole

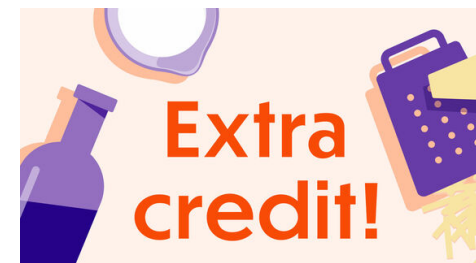
Remove **polenta** from heat, then add **chopped garlic, sour cream, 2 large eggs**, and **3 tablespoons flour**; whisk to combine. Pour into prepared baking dish and spread into an even layer. Top polenta with **½ of the cheese**, then layer **salsa-bean mixture** on top followed by **remaining cheese**.



5. Bake & serve

Cover baking dish with foil and place on a rimmed baking sheet (to catch any drippings!). Bake on upper oven rack until warmed through, about 15 minutes. Uncover and continue to bake until edges start to brown, about 15 minutes more.

Let **black bean polenta casserole** sit 5 minutes before serving. Enjoy!



6. Make it your own!

Top your polenta casserole with extra fixings! Add some chopped avocado, sliced scallions, fresh cilantro, or whatever else you like.