

# Veggie, Red Quinoa and Black Bean Casserole with Toasted Gluten Free Garlic Bread Triangles - A gluten free entrée



**Chef Paul Gallant**  
**Sackville Hill Seniors' Centre**  
 Phone: **905-546-2424 Ext. 1452**



Serves 12

## Veggie, Red Quinoa and Black Bean Casserole

3 cups*	dried black beans	2 cups	mushrooms, quartered
1 cup	red quinoa	3 tbsp	garlic, diced
2 tbsp	non-hydrogenated margarine	¼ cup	non-hydrogenated margarine
12 cups	water	¾ cup	rice flour
2	medium carrots, diced	1tsp	dried tarragon
2 cups	butternut squash, diced	1tbsp	dried thyme leaves
1bunch	broccoli, stems peeled and diced, head cut into florets		salt and pepper to taste
1	large red pepper, diced	½ cup	onions, diced
1	large red onion, diced	2 tbsp	non-hydrogenated margarine
		6 oz	low fat (20 % MF) shredded marble cheese

### Contact:

Policy information: Miri Freimanis, HWS, email: [miri.freimanis@hamilton.ca](mailto:miri.freimanis@hamilton.ca) or ext. 7141

Nutrition and menu consultation: Pat Elliott-Moyer, RD, email: [pat.elliott-moyer@hamilton.ca](mailto:pat.elliott-moyer@hamilton.ca) or ext. 3635

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1. Wash and soak 3 cups of dried black beans overnight in a large pan filled with 8 litres of cold water. Discard soaking water. Rinse beans 2 or 3 times with fresh cold water. Drain beans and place in large saucepan. Add enough fresh cold water to cover the beans and bring beans to a boil. Simmer until soft. Drain and set aside.
2. In medium sized saucepan, toast red quinoa in 2 tbsp. of margarine. Add 2 cups of cold water and simmer until water is absorbed. Set aside.
3. In another large sized saucepan, bring 10 cups of cold water to boil.
4. Add carrots. Simmer until tender. Remove carrots with a slotted spoon. Add to quinoa. Reserve liquid in saucepan.
5. Add butternut squash and broccoli stems to reserved liquid. Simmer until tender and remove. Add to carrot quinoa mixture. Reserve liquid in saucepan.
6. Add broccoli florets to reserved liquid and simmer until al dente or a brilliant green color. Remove with a slotted spoon and add to cooked vegetables and quinoa. Reserve liquid.
7. In large skillet, cook red pepper, red onion, and mushrooms in  $\frac{1}{4}$  cup of margarine until translucent.
8. Add rice flour, tarragon and thyme and stir on low heat for five minutes.
9. Add reserved liquid, approximately 8 cups. If required, add water to reserved liquid to make 8 cups. Whisk until liquid becomes the thickness of a sauce. Simmer for 10 minutes. Add vegetable and quinoa mixture and stir for 2 minutes.
10. Add salt and pepper, to taste.
11. In a large skillet, sauté diced onion in 2 tbsp of margarine until translucent. Add cooked black beans stirring on low heat for 2 minutes.
12. In 12 individual oven proof casserole bowls, place  $\frac{3}{4}$  cup of cooked beans and top with 1 cup of the veggie and quinoa mixture.
13. Heat in 350°F oven for 5 minutes or to an internal temperature of 170°F.
14. Top with 2 tbsp of low fat shredded marble cheese. Heat for another 2 minutes until cheese is melted.
15. Serve hot with 4 gluten free bread triangles.

\* **Option:** If you do not want to soak and cook 3 cups of dried beans, substitute with 6, 540 ml cans of black beans, drained and rinsed.

# Veggie, Red Quinoa and Black Bean Casserole with Toasted Gluten Free Garlic Bread Triangles - A gluten free entrée



Makes 2 loaves, 16 slices

## Toasted Gluten Free Garlic Bread Triangles

1½ cups	skim milk	4 tsp	baking powder
4 tbsp	honey	1 tsp	salt
2½ tsp	dry active yeast	2 tsp	lemon juice
1 cup	millet flour	¼ cup	canola oil
1 cup	rice flour	2	large eggs
½ cup	potato starch flour	4 tsp	water
½ cup	sorghum flour	1 tbsp	minced garlic
1½ tsp	xanthan gum	¼ cup	non-hydrogenated margarine

1. Warm milk to just above body temperature. Stir in honey and add yeast. Set aside for 10 minutes.
2. Combine millet flour, rice flour, potato starch flour, sorghum flour, xanthan gum, baking powder, and salt in a medium sized bowl.
3. Combine lemon juice and canola oil in a medium sized mixing bowl and mix well.
4. Add yeast mixture to lemon juice and canola oil and stir.
5. Add dry ingredients and mix well.
6. Oil and lightly flour two 9x5 inch loaf pans with rice flour.
7. Divide the dough in half placing half in each pan. Smooth top of the dough with a spatula. If necessary, use a spatula dampened with water.
8. Allow dough to rise at room temperature for approximately 1 hour or until dough is double in size. Time will vary depending on the temperature of the room.
9. Preheat oven to 375°F.
10. Lightly beat 2 eggs with 4 tsp of water. Using a pastry brush, brush loaves generously with egg wash and bake for approximately 30 to 45 minutes or an internal temperature of 210°F to 220°F is reached.
11. Remove loaf pans from oven and let cool for 3 to 5 minutes before turning out onto a cooling rack. Allow to cool completely before slicing.
12. Slice each loaf into 8 even slices, yielding a total of 16 slices.
13. Mix margarine and garlic. Spread a thin layer on each side of the bread slices and grill until golden.
14. Cut each slice of bread diagonally creating 2 triangles, yielding a total of 32 triangles. Serve warm with Veggie, Red Quinoa and Black Bean Casserole with 2 triangles per serving.

