



# PUMPKIN BEAN BAKE

better  
bean ™



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## INGREDIENTS

2 c 1/2-inch pieces pumpkin  
1 medium onion, chopped  
1 red pepper, chopped  
1/2 jalapeno pepper  
Salt & fiesta seasoning  
1 tub Cuban Black Beans  
1 cup frozen non-gmo corn  
3 ounces cream cheese  
1/2 8oz corn muffin mix  
1 egg, lightly beaten  
1/3 cup milk  
1/3 cup canned pumpkin

## INSTRUCTIONS

Preheat oven to 400 degrees. Sauté vegetables with spices until tender. Stir in Cuban Black Beans, corn & cream cheese until blended. Transfer mixture baking dish. Meanwhile mix muffin mix, egg, milk, and pumpkin puree. Spoon over bean mixture. Bake 20 minutes or until inserted toothpick comes out clean.

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