Black Bean Taco Tot Hotdish

One 9×13 in (23×33 cm) dish, at least 3.5 qt/3.3 L; 6 main-dish portions · Active 25 min · Total 1 hr 30 min

Ingredients

- 2 cans black beans, drained and rinsed (1 lb 1 oz/480 g drained total)
- 1 jar chunky tomato salsa, drained to yield 1 1/4 cups (300 g drained; buy at least 400 g)
- 1 tablespoon neutral oil (15 ml)
- 1 medium onion, chopped (150 g)
- 1 large red bell pepper, diced (150 g prepared)
- 2 garlic cloves, finely chopped (6 g)
- 2 teaspoons ground cumin (4 g)
- 1 teaspoon mild smoked paprika (2 g)
- 1/2 teaspoon dried oregano
- 1 cup frozen sweetcorn (140 g)
- 1/4 cup water (60 ml)
- 3 oz cheddar, grated (85 g)
- 1 lb 10 oz frozen potato tots (750 g)

Set out

Oven, 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L, Large deep skillet, Sieve, Fork, Rimmed baking sheet, Food thermometer, Suitable foil if the topping colors before the center finishes

Allergens

Milk; check salsa and tot labels for wheat, soy or other allergens. Check labels and substitutions.

Make it

1. Heat the oven to 425°F (220°C). Put the dish on a rimmed sheet. Drain salsa in the sieve and weigh 300 g. Mash about one-quarter of the drained beans with a fork.

2. Heat oil in the skillet over medium heat. Cook onion and pepper 8–10 minutes until softened. Stir in garlic, cumin, paprika and oregano for 30 seconds.

3. Add salsa, mashed and whole beans, corn and water. Simmer for 6–8 minutes, stirring, or the corn’s package cooking time if longer, until corn is cooked and filling is thick and steaming. A spoon drawn through it should leave a brief track.

4. Spread hot filling in the dish. Scatter cheddar, then arrange frozen tots in a single layer without pressing them down. Bake uncovered 35–45 minutes until tots are golden and crisp and the center and several other points reach 165°F (74°C). Shield darkening areas loosely with foil if the center needs longer.

5. Rest 5 minutes and divide into six portions.

A meatless pan should still feel complete

The bean quantity is deliberate. Keep the full amount rather than replacing half with extra salsa, which would make the filling looser and leave the meal mostly potato.

A useful detail

The base has no extra salt: salsa, cheese and tots vary considerably. Choose their seasoning before cooking rather than automatically salting the filling. The total allows the longer oven interval.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days, respecting earlier opened-ingredient deadlines. Reheat to 165°F (74°C). Freeze promptly cooled portions for up to 2 months for quality; thaw in the refrigerator. The potato roof will lose some crunch.