Cheesy Bean and Tortilla Chip Bake

One 9×13 in (23×33 cm) dish, at least 3.5 qt/3.3 L;4 substantial bean portions · Active 30 min · Total 1 hr 5 min

Ingredients

- 1 tablespoon olive oil (15 ml)
- 1 medium onion, chopped (150 g)
- 1 red bell pepper, diced (150 g prepared)
- 2 garlic cloves, finely chopped (6 g)
- 1 teaspoon ground cumin (2 g)
- 1 teaspoon sweet paprika (2 g)
- 1 can chopped tomatoes with juice (14 oz/400 g)
- 1 can kidney beans, drained and rinsed (8 1/2 oz/240 g drained)
- 2 cans black beans, drained and rinsed (1 lb 1 oz/480 g drained total)
- 1 cup frozen sweetcorn (150 g)
- 1/4 teaspoon black pepper
- 4 oz cheddar, grated (120 g)
- 3 oz plain tortilla chips, lightly broken (80 g)

Set out

Oven, 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L, 12-in/30-cm deep skillet, Broad spoon, Rimmed baking sheet, Food thermometer

Allergens

Milk, Check tortilla-chip and seasoning labels for wheat, soy or cross-contact. Check labels and substitutions.

Make it

1. Heat oven to 400°F (205°C). Put the dish on a rimmed sheet. Heat oil in the skillet over medium heat. Soften onion and pepper 8–10 minutes. Add garlic, cumin and paprika and stir 30 seconds.

2. Add tomatoes, kidney beans, black beans, corn and pepper. Simmer uncovered 10–12 minutes, stirring along the bottom, until corn is cooked and sauce thickly coats the beans. There is no added salt in the base because chips and cheese already contribute it.

3. Spread hot filling in the dish and scatter all the cheddar over it. Bake 15–20 minutes until cheese bubbles and the center and several other spots reach 165°F (74°C).

4. Scatter lightly broken tortilla chips over the melted cheese. Return to the oven 3–4 minutes, watching closely, just to warm and lightly toast the chips. Rest 3 minutes, then serve four portions promptly.

Keep the last oven stage short

Have the chips weighed and broken before the cheese stage finishes. That small preparation makes the intended late addition easy rather than turning it into another long bake.

A useful detail

The 65-minute total includes chopping, stovetop softening and reduction, two distinct oven stages and a short rest. Chips enter only at the end; do not count on the oven to restore crunch to chips already mixed through wet beans.

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 or an earlier dairy deadline. Reheat to 165°F (74°C); chips will soften. Freeze promptly cooled portions for up to 2 months for quality and thaw in the refrigerator, accepting a soft topping.