

Speedy Lentil and Bean Casserole



Ingredients:

15 mL	oil	1 tbsp
1	large onion chopped	1
2	celery stalks, sliced	2
540 mL	can kidney beans, drained & rinsed	19 oz
500 mL	cooked lentils	2 cups
540 mL	can tomatoes, drained	19 oz
1 mL	thyme	½ tsp
5 mL	pepper	1 tsp
375 mL	shredded mozzarella cheese	1 ½ cup

Directions:

Assemble all ingredients and equipment. Preheat the broiler (this will depend on the type of oven that is being used). In the saucepan, heat the oil over medium heat and sauté the onion and celery until softened. Add the beans, lentils, tomatoes, thyme and pepper to taste. Bring mixture to a simmer while stirring. Break up the tomatoes with the back of the spoon. Transfer mixture to the casserole dish for serving. Sprinkle the cheese over the surface and put under the broiler just to melt it.

Microwave Method

In a microwaveable casserole, combine oil, onion and celery; cover and cook at High power for 3-4 minutes or until softened. Add beans, lentils, tomatoes (remember to break them up with the back of the spoon), thyme and pepper to taste; cover and microwave at High power for 5 minutes or until heated through. Sprinkle cheese on top and microwave until the cheese melts and is bubbly.

Yield:

4 to 6 servings

Preparation

Time:

10 minutes

Cooking Time:

15-20 minutes

Equipment:

- saucepan
- casserole
- large measures
- small measures
- grater
- wooden spoon
- chef's knife
- sieve
- cutting board

Nutrition

information:
Not Available

Note:

Lentils DOUBLE in size when they are cooked. Wash and drain dried lentils. Choose the appropriate amount of lentils for the end result (i.e. if the recipe calls for 500 mL (2 cups) cooked lentils, start with 250 mL (1 cup). Add three times the amount of water. Bring to a boil and reduce the heat to a simmer until the lentils are fork tender (time will vary depending on the quantity being prepared). Drain.

Source: Reprinted from CFA Resource Binder, 2000.



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