
Low-Glycemic Mexican Black Bean Casserole

A blood sugar-friendly twist on Mexican comfort food, layering fiber-rich black beans with spiced tomatoes and cheese for steady energy without the spike.

Prep: 10 min

Cook: 30 min

Total: 40 min

Servings: 4

GL 38.3 / GI 43

Ingredients

Low GI (30) - excellent source of resistant starch and soluble fiber black beans, drained and rinsed

Choose low-sodium variety; spices may support insulin sensitivity fajita seasoning mix

Low GI, rich in lycopene; minimal impact on blood sugar chopped tomatoes with chili

Use whole grain (GI ~50) or low-carb alternatives to reduce glycemic load whole grain or low-carb tortillas

Protein and fat help slow carbohydrate absorption; minimal glycemic impact Monterey Jack or cheddar cheese, grated

Instructions

Step 1

Preheat your oven to 180°C (160°C fan/350°F/gas mark 4). Lightly coat a 2-liter baking dish with cooking spray or a small amount of olive oil to prevent sticking.

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Step 2

Place a large non-stick skillet over medium heat. Add the drained black beans and sugar-free fajita seasoning, stirring to coat the beans evenly with the spices. Cook for 1-2 minutes until fragrant, allowing the spices to bloom and release their aromatic compounds.

Step 3

Pour the canned tomatoes with chili into the skillet with the seasoned beans. Stir well to combine, then reduce heat to low. Let the mixture simmer gently for 10 minutes, stirring occasionally, until the sauce thickens slightly and the flavors meld together.

Step 4

While the bean mixture simmers, cut each tortilla in half to create semi-circles. This makes layering easier and helps distribute the tortillas more evenly throughout the casserole.

Step 5

Begin assembling the casserole: spread one-third of the bean and tomato mixture across the bottom of your prepared baking dish. Sprinkle approximately 45g (3 tablespoons) of grated cheese over the beans, then arrange tortilla halves in a single layer on top, slightly overlapping if needed.

Step 6

Repeat the layering process twice more: bean mixture, cheese (45g per layer), and tortillas. For the final layer, place tortilla halves on top and sprinkle with the remaining cheese (approximately 50g), ensuring even coverage for a golden, bubbly finish.

Step 7

Transfer the assembled casserole to the preheated oven and bake for 15 minutes, until the cheese is melted, golden, and bubbling around the edges.

Step 8

Remove from oven and let rest for 5 minutes before serving. This allows the layers to set slightly for easier portioning. Serve with a large green salad on the side, and top with avocado slices, Greek yogurt, or fresh cilantro for added nutrition and blood sugar stability.