

# TEX-MEX ENCHILADA CASSEROLE



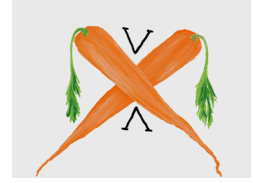
SERVES: 6-8

PREP TIME: 15 MINUTES

COOK TIME: 45 MINUTES

TOTAL TIME: 60 MINUTES

THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.

## INGREDIENTS

- 1 TBSP neutral oil (grapeseed, EVOO)
  - 1 yellow onion, diced
  - 2 red bell peppers, seeded, diced
  - 2 green bell peppers, seeded, diced
  - 1 jalapeño pepper, seeded, diced
  - 3 garlic cloves, minced
  - 1 cup corn, frozen
  - 2 tsp chili powder
  - 1 tsp cumin
  - 1/2 tsp smoked paprika
  - 1 tsp celtic sea salt
  - 3 cups COOKED quinoa (1 cup uncooked)
  - 1 can black beans, no salt added, drained, rinsed
  - 10 corn tortillas, cut into quarters
  - 2 cups enchilada sauce\*
- Recommended toppings: cilantro, avocado or guacamole, cashew sour cream, green onions, pickled jalapeños

## METHOD

Cook quinoa according to package directions. Prepare enchilada sauce if making homemade. Preheat oven to 400 degrees F and lightly grease a 9x13 baking dish.

Place a large skillet or wok over medium-high heat, add oil followed by onions and bell peppers. Sautee for 3-4 minutes, until they begin to caramelize. Add jalapeño, garlic, corn, spices, and salt. Cook for an additional 2-3 minutes.

Fold in the black beans, cooked quinoa, and about 1/2 cup enchilada sauce.

Assemble the casserole: Spread a thin layer of enchilada sauce in the bottom on dish to coat. Place tortilla quarters in a single layer (it doesn't have to be a perfect fit), then add half of the quinoa-veggie mixture, 1/2 cup sauce. Repeat again: tortillas, remaining quinoa-veggie mixtures, and remaining sauce on top.

Cover with aluminum foil and bake for 15-20 minutes, or until sauce begins to bubble. Add toppings and serve!

## NOTES:

\*You can use the canned stuff here but homemade is SO much better. Here's one of my favorite recipes via [Thug Kitchen](#):

2 1/4 cups vegetable broth

1/3 cup tomato paste

2 1/2 tablespoons chili powder

2 teaspoons ground cumin

1 1/2 teaspoons dried oregano

2 to 3 cloves garlic, minced

2 teaspoons soy sauce or tamari

1 tablespoon lime juice

Optional add in: 1 chipotle pepper in adobo, seeded, minced

Dump everything but the lime juice into a medium saucepan and bring to a simmer. Make sure you whisk to combine. Let that simmer for 10-15 minutes so that the sauce has time to thicken up a little. Add the lime juice and turn off heat. Set aside until ready to serve.

## NUTRITION:

Serving Size: 1/8 recipe Total Calories: 383 Total Fat: 8g Sodium: 300 mg

Potassium: 607 mg Carbohydrates: 67 g Fiber: 8 g Sugar: 2 g Protein: 12 g

Vitamin A: 42% Vitamin C: 78% Calcium: 14% Iron: 47% (Daily Value)