

Food Babe's Mexican Casserole



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	50 mins	1 hr, 5 mins	6

<https://foodbabe.com/careful-with-your-corn-non-gmo>

Ingredients:

- 15 ounces cooked black beans
- 15 ounces cooked red kidney beans
- 1 teaspoon extra virgin olive oil
- 1 medium yellow onion, chopped
- 1 green bell pepper, chopped
- 3 medium zucchinis, chopped
- 1 fresh tomato, chopped
- 2 jalapeño peppers, seeded and minced
- 2 teaspoons garlic cloves, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 cup enchilada sauce
- 10 sprouted corn tortillas
- 2 ounces cheddar cheese
- ¼ cup sour cream, to taste

Instructions:

1. Preheat oven to 350° F.
2. Heat olive oil on medium low in a large skillet.
3. Once oil has heated for 2 minutes, add onions, cook onions for about 3 minutes.
4. Add zucchini, green peppers, tomato and spices to pan and cook for another 5 minutes.
5. Add beans, garlic and jalapeno to pan and cook another 2 minutes or so.
6. Turn off heat and set pan aside.
7. In large baking dish, pour half of the sauce to cover bottom.
8. Place corn tortillas on the bottom of the dish covering the sauce, cut tortillas to fit if needed.
9. Add half of the vegetable and bean mixture to dish.
10. Repeat, adding another layer of tortillas and then the rest of the vegetable bean mixture, ending with the rest of the sauce on the top.
11. Top dish with shredded cheese and cover with foil.
12. Bake for at least 30 minutes until sauce starts to bubble.
13. Serve with a salad of romaine lettuce, a lime and a dollop of sour cream or plain yogurt.

Notes:

- Please note all ingredients are organic (except the sauce)