

THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING

The recipe is provided below if you would like to recreate the meal.

Reheating Instructions:

If reheating the entire casserole, place in the oven at 375 degrees F for 25 to 30 minutes or until it is 165 degrees in the center.

It can also be portioned out cold and then reheated in the microwave as individual portions. **DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.**

Veggie Enchilada Casserole

12 (6 inch) corn tortillas

1 cup green or red pepper, diced

1 cup onion, diced

1 cup corn, canned or frozen

1 can (15 oz.) black beans, drained

3 ½ cups salsa

2 cups shredded Mexican blend cheese

Cilantro, for garnish (optional)

INSTRUCTIONS

- 1. Preheat the oven to 375 F. Spray a large casserole dish (9x13 inch) with nonstick cooking spray.
- 2. Mix the black beans, diced peppers, onions and corn in a bowl.
- 3. Place four tortillas into the bottom of the casserole dish. It is helpful to break some in half to cover the entire bottom area.
- 4. On top of the tortillas, spread 1 cup of the salsa, 2/3 cup of the cheese, and 2 cups of the bean, corn, onion and pepper mixture.
- 5. Repeat steps 3 and 4.
- 6. For the last layer, place the remaining four tortillas and spread 1.5 cups of salsa and the remaining 2/3 cup cheese on top.
- 7. Bake in the oven for 35-40 minutes or until the cheese is golden brown on top.
- 8. Let rest for 5 minutes before serving with freshly chopped cilantro. Enjoy!

CONVIVIUM URBAN FARMSTEAD

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