GENESIS
-HEALTH REVOLUTION-

Recipe Card

Mexican Casserole

INGREDIENTS:

- 1 1/2 Cup chopped onions
- 1 Cup Sliced mushrooms
- 1 pepper, chopped small
- 1 Cup kidney beans rinsed
- 1-2 cans stewed tomatoes
- 1 tsp chili powder
- 8 flour tortillas (use Toufayan gluten free tortilla wrappers for gluten free recipe)
- 4 oz Plant Based Mozzarella style cheeze
- 4 oz Plant Based Cheddar style cheeze

Garlic powder to taste

DIRECTIONS:

- Sauté onions, garlic powder, mushrooms and pepper
- Add beans, tomatoes and chili powder
- Simmer for :15 minutes
- In round casserole dish, put in a layer of tortillas and then layer bean sauce, cheese. Repeat layering until complete.
- Bake at 350 for :15 minutes

NOTE:

- Serve with a side of refried beans, yellow rice, tortilla chips, or salsa

VEGAN

NO GF
GLUTEN-FREE