

Judi's Recipe Club



Mexican Casserole

This is another great dish to take to a potluck with you vegan and non-vegan friends.

Cooking Instructions

Peel, dice, and boil sweet potatoes until tender then set aside.

Cook 1 cup of quinoa and set aside.

Blend all sauce ingredients and mix into quinoa.

In a large saucepan over medium high, heat vegetable stock, add broccoli, onion, and bell peppers, sauté for 5-10 minutes.

Mix the sautéed vegetables with the corn.

Preheat oven to 400 degrees.

Place the cooked sweet potatoes in a 11"x14" casserole dish and mash then up with a fork until they cover the bottom of the dish. It's OK if they are still a bit chunky. Pour the vegetables evenly over the sweet potatoes. Pour the sauce over the vegetables and place the sliced Jalapeños and sliced tomatoes (if used) evenly spaced on the top.

Cover with foil and bake for 30 minutes at 400 degrees. Remove the foil and continue baking for 10 more minutes. Let sit for 5 minutes prior to serving.

Serves 10



Modifications

The great thing about a casserole is you can make it your own... like we did! Add some carrots bell peppers or cilantro if you want.

Ingredients

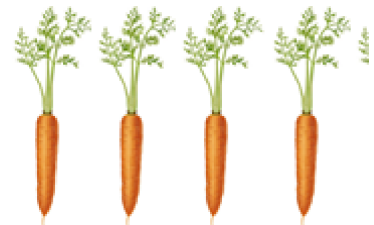
Casserole Ingredients

1 Cup Quinoa, cooked
2 lbs Sweet potato, peeled, diced, boiled
1/4 Cup Vegetable stock
1/4 Cup Red onion, chopped
1 Cup Broccoli florets, chopped
1/4 Cup Red bell pepper, chopped
1/4 Cup Green bell pepper, chopped
28 oz Tomatoes diced, canned
15 oz Black beans
15 oz Pinto beans
1/2 Cup Chipotle salsa
1 tsp Parsley, dried
1 tsp Oregano, dried
1/2 tsp Garlic powder, dried
1/2 tsp Cumin, dried
1/2 tsp Paprika
2 Bags Frozen corn, defrosted
Handful of Pickled Jalapeños

Sauce Ingredients

1 Cup Non-Dairy Milk (Soy, Almond, Hemp, Cashew, etc)
1 tsp Sweet Miso
1 tsp Lemon juice
2 Tbsp Nutritional yeast
2 Tbsp Stone ground mustard
1/4 tsp Garlic powder
1/4 tsp Onion powder

Our Rating ...



21 day
FIX Container Co

Divided into 10 servings so each serving contains:

2 Yellow containers

1/2 Red or 3/4 Yellow containers if vegan

1/2 Green Container

Our Notes

We added 4 Chipotle en adobo sauce
4 oz Green Chili, diced
1/2 C tomato paste
5 Baby heirloom tomatoes, sliced
We also spiced it up with Tapatio sauce on serving. The next time we make this we will use only 1 bag of frozen corn