

Crowd Pleasing Tex-Mex Casserole

Gluten free, dairy free, nut free, soy free, sugar free

Recipe by: Angela Liddon, the Oh She Glows Cookbook

Serves 6

Prep time: 30 minutes

Cook time: 20 minutes (plus rice cooking time)

For the Tex-Mex Spice Blend:

- 1 Tablespoon chili powder
- 1 ½ teaspoon smoked sweet paprika, or ½ tsp regular paprika
- ¼ teaspoon cayenne pepper, plus more as needed
- 1 ¼ teaspoons fine grain sea salt
- ¼ teaspoon ground coriander (optional)

Optional toppings:

- Sliced green onions – Salsa – Avocado – Corn chips – Cashew Cream

INGREDIENTS:

For the casserole:

- 1 ½ teaspoons extra-virgin olive oil
- 1 red onion, diced
- 3 cloves garlic, minced
- 1 orange bell pepper, diced
- 1 red bell pepper, diced
- 1 jalapeño, seeded, if desired, and diced
- Fine-grain sea salt and freshly ground black pepper
- ½ cup fresh or frozen corn
- 1 (14oz.) can diced tomatoes, with their juices
- 1 cup tomato sauce or tomato puree
- 2 to 3 cups chopped kale leaves or baby spinach
- 1 (15oz) can black beans, drained and rinsed
- 3 cups cooked wild rice blend or brown rice
- ½ cup vegan shredded cheese, such as Daiya
- 1 to 2 handfuls baked tortilla chips, crushed

INSTRUCTIONS

1. Make the Tex-Mex Spice Blend: In a small bowl, combine the chili powder, cumin, paprika, cayenne, salt, and coriander. Set aside.
2. Make the casserole: Preheat the oven to 375°. Oil a large (4-5 qt/ 4-5 L) casserole dish.
3. In a large wok, heat the oil over medium heat. Add the onion, garlic, bell peppers, and jalapeno and sauté for 7 to 8 minutes, until softened. Season with salt and black pepper.
4. Stir in the Tex-Mex Spice Blend, corn, diced tomatoes and their juices, tomato sauce, kale or spinach, beans, rice and ¼ cup of the vegan shredded cheese. Sauté for a few minutes and season with more salt and black pepper, if desired.
5. Pour the mixture into the prepared casserole dish and smooth out the top. Sprinkle the crushed chips over the casserole mixture along with the remaining ¼ cup cheese. Cover with a lid or foil and bake for 15 minutes.
6. Uncover the casserole dish and cook for 5 to 10 minutes more, until bubbly and lightly golden around the edges.
7. Scoop the casserole into bowls and add your desired toppings.

Tips:

I suggest cooking the rice ahead of time to make the recipe come together much faster. You can even use pre-cooked frozen rice (just thaw it before using). – Angela

- I used a mixture of leftover rice I had in the fridge (wild rice and quinoa).

- Instead of using a wok, I cooked the dish in a large cast iron skillet, and just transferred that into the oven (no need to clean an extra dish!) Came out delicious!