

Black Bean Casserole

Prep Time: 30 Minutes

Cook Time: 30 - 45 Minutes

Serves: 12 One Cup Servings

Ingredients

- 1 Red bell pepper, seeded and chopped
- 1 Green bell pepper, seeded and chopped
- 1 stalk celery chopped
- 1 large yellow onion chopped
- 3 clover garlic, minced
- 3 tablespoons olive oil
- 1 teaspoon chili powder
- 1 teaspoon black pepper
- ½ teaspoon salt
- 1 can (10 ounces) tomatoes and green chiles
- 1 cup plant-based milk
- 2 cups frozen corn kernels
- 18 corn tortillas
- 4 cans (15 ounces each) black beans, drained
- 2 cups shredded plant-based cheddar cheese
- Tortilla chips (optional)

Preparation

Step 1

In 2-quart pot, sauté bell peppers, onion, celery, and garlic in olive oil until the vegetables begin to soften, about 5 minutes

Step 2

Stir in chili powder, black pepper, salt, and milk. Add tomatoes, Chilies, and Corn.

Step 3

Open cans of black beans. If juice is thin, drain most of it off and add beans to soup mixture. If juice is thick, add all to soup mixture

Step 4

Spray 2-quart casserole dish with cooking spray. Line bottom with with six of the tortillas

Step 5

Spread a third of bean mixture over tortillas. Add second layer of tortillas and spread another third of the bean mixture over tortillas. Add a third layer of tortillas and top with the remaining bean mixture, then add cheese.

Step 6

Crumble a handful of tortilla chips on top, if desired.

Step 7

Bake at 350° for 30 to 45 minutes or until bubbly