

# THE CULINARY

## Playground



### Vegetarian Mexican Casserole

- 1 red bell pepper
- 1 green bell pepper
- 1 jalapeno or 1 chipotle peppers (optional – just for more kick)
- 1/2 red onion
- 1 cup frozen corn
- 1 teaspoons chili powder
- 1 teaspoon cumin
- salt to taste (about 1 teaspoon is a good ballpark measure)
- 1 cup Mexican cheese (mine was a Sargento blend)
- 10 corn tortillas
- 1 /2 can refried beans
- 1 cup red enchilada sauce
- cilantro, guacamole, or sour cream for topping

Dice the peppers and mince the onions. Heat a large nonstick skillet with NO oil over high heat. Add the onion and peppers, sprinkle with chili and cumin, and do not stir. This allows the peppers to roast and brown on the outside. After a few minutes, give the pan a shake or stir and let the peppers sit again for a few more minutes without stirring. Remove and set aside. Repeat the roasting process with the corn, sprinkling with chili and cumin, removing from the heat when browned and roasted on the outside. Sprinkle the roasted veggies with a little bit of salt and toss to coat.

Preheat oven to 400 degrees.

Grease a 9×13 inch baking pan. Cut the tortillas into thin strips.

Put the refried beans in a bowl and mix with a little bit of water to make them easier to spread.

Spread a little bit of sauce on the bottom of the pan. Layer in order in the prepared baking pan: half of the tortilla strips, ALL the beans, half of the veggies, half of the sauce, half of the cheese.

Cover with the other half of the tortilla strips, veggies, sauce, and cheese.

Cover with foil (sprayed with cooking spray) and bake for 15-20 minutes, until the sauce is bubbling and the cheese is melted. Serve with guacamole, fresh cilantro or sour cream.