

Mexican Casserole with Alice's Queso



COURSE

Dinner



SERVINGS

7 serving

CALORIES

394 kcal

INGREDIENTS

For Casserole:

- 2 red bell peppers
- 2 green bell peppers
- 1 jalapeno or 2 chipotle peppers to taste
- ½ red onion
- 2 cups frozen corn
- 2 c frozen boca crumbles
- 3 teaspoons chili powder
- 3 teaspoon cumin
- 1 teaspoon salt to taste
- 1 recipe of Alice's queso sauce
- 14 corn tortillas
- 1 can fat-free refried beans
- 2 cups red enchilada sauce

For Queso:

- 15 oz package of silken tofu
- 2 tsp of apple cider vinegar
- 2 tsp of lemon juice
- 1 Tbsp cashew butter
- 4 Tbsp PB2 powdered cashew butter
- 4 Tbsp nutritional yeast
- 2 Tbsp of tapioca starch or cornstarch

- 2 tsp iodized salt or salt to taste
- 2 tsp garlic powder
- 1 scoops unflavored protein powder optional
- ½ c water
- ½ tsp turmeric for color only

INSTRUCTIONS

For Queso:

1. Add everything into the blender, tofu first, then add the dry ingredients. Only add the water at the end if needed. You can pour a teeny tiny bit onto the sides of the blender if you see any dry ingredients sticking to the sides or clumping. Do not add too much water. Use a rubber spatula if needed.
2. Blend well. Check for clumping, and use more water and the rubber spatula to scrape the side again if needed. Blend until smooth.
3. Pour the sauce into the sauce pan, using a rubber spatula to get all contents into the pot.
4. Set the stove heat to medium to medium low heat—because if your sauce is too thick, it can make a mess boiling.
5. Stir almost constantly so it doesn't stick to the bottom. You know it's done when you pick up your whisk out of the sauce, and a lot of it sticks or it falls back into the pot in a nice queso sauce way in a clump. Keep in mind, the tapioca starch will continue to work after you remove it from the heat. So you don't want it to be completely thickened up while it's on the stove. Otherwise, the finished product will be too thick.

For Casserole:

1. Dice the peppers and onion. Heat a large nonstick skillet with a little bit of cooking spray over high heat. Add the onion and peppers, sprinkle with 1 tsp chili and 1 tsp cumin, a hefty pinch of salt, and stir until you get a nice browning on the outside of the peppers.
2. Remove and set aside. Repeat the roasting process with the corn, sprinkling with 1 tsp chili and 1 tsp cumin, a pinch of salt and removing from the heat when browned and roasted on the outside.
3. Repeat the process with the Boca crumbles, sprinkling with 1 tsp chili and 1 tsp cumin. Cook just until warmed through. Remove and set aside.
4. Sprinkle the roasted veggies with a little bit of salt and toss to coat.
5. Spritz a 9×13 inch baking pan with cooking spray and preheat the oven to 400 degrees.
6. Cut the tortillas into thin strips. Put the refried beans in a bowl and mix with a little bit of water (if need be) to make them easier to spread.
7. Spread a little bit of enchilada sauce on the bottom of the pan. Layer in order: half of the tortilla strips, ALL the beans, half of the veggies, half of the sauce, half of the queso. Cover with the other half of the tortilla strips, veggies, sauce, and queso.
8. Cover with foil and bake for 20 minutes, until the sauce is bubbling.

NUTRITION

Nutrition Facts

Mexican Casserole with Alice's Queso

Amount Per Serving (1 serving)

Calories 394 Calories from Fat 54

% Daily Value*

Fat 6g 9%

Carbohydrates 58g 19%

Protein 31g 62%

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free

Tried this recipe?

Let us know how it was!