

August's Casserole: Quinoa

Ingredients

- 1 cup dry quinoa
- 1 cup **cooked ground beef (must be cooked to 160°F)**
- 1 ¼ cup vegetable broth
- 10 oz diced tomatoes and green chiles
- 10 oz red enchilada sauce
- 15 oz (1 ½) cup black beans, drained and rinsed
- 1 cup frozen vegetable mix
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 cup crushed tortilla chips
- 1 ½ cup shredded cheese

Please have your casserole to the coordinator by August 10th. After this date, please make the Sept casserole.

Directions

1. Preheat oven to 375, grease a 9 x 13 pan. Rinse quinoa
2. Heat vegetable broth until simmering.
3. Combine all ingredients, except for cheese and tortilla chips in 9x13 pan, str to combine
4. Cover with foil and bake for 30 minutes. Remove foil and stir.
5. Bake for 15 minutes or until quinoa is firm
6. Add tortilla chips and shredded cheese on top and cook for 5 more minutes

