

Tijuana Casserole with TVP 16

1	chopped onion	1.5 cups	black beans
20 oz	green enchilada sauce	8 oz	black olives-cut or torn into 1/4s (optional)
6	Corn tortillas	1 cup	taco filling or 2 vegan spicy sausages sliced
1.5 cups	kidney beans (heaping)		
15 oz	chili beans		
1.5 cups	corn		

Calorie count uses TVP option.

Procedure

- 1 Can use homemade cooked beans or a 15 oz can is a heaping 1 1/2 cup. For canned, drain and rinse beans.
- 2 Sauté onion then mix it in with the chili beans. Drain water from corn, olives, kidney and black beans if using canned. Cut or tear olives into smaller pieces.
- 3 Make faux hamburger crumbles then add 2 tablespoons taco seasoning, to taste, to make taco filling.
- 4 Spray inside of crock pot. Place 1 tortilla on the bottom and tear another into strips and place half of the strips around the edges to fully cover the bottom and a little of the sides of the crock pot.
- 5 First layer- Place 1/3 of the kidney beans, 1/2 of the taco filling or spicy sausages and 1/2 of the black beans. Place a layer of corn tortillas.
- 6 Second Layer-Place 1/3 of the kidney beans, 1/2 of the corn, 1/2 of the olives, and 1/2 can/5oz enchilada sauce. Place a layer of corn tortillas.
- 7 Third layer-pour can of chili beans and its sauce and remaining taco filling or spicy sausages. Place a layer of corn tortillas.
- 8 Last layer-Place remaining corn, olives, black beans and kidney beans, and 1/2 a can/5oz of enchilada sauce. Place a layer of corn tortillas. Pour up to 1 full can of enchilada sauce on top.
- 9 Cook on low 6-8 hours. Corn tortillas will disintegrate with the sauce and it becomes a large casserole!

Servings: 8

Yield: About Scant 1 cup servings

Nutrition Facts

Nutrition (per serving): 282 calories, 26 calories from fat, 5.1g total fat, 0mg cholesterol, 1110.1mg sodium, 631mg potassium, 34.2g carbohydrates, 11.6g fiber, 7.3g sugar, 13.5g protein.