

## Enchilada Casserole for 25



### What?

1. Riced cauliflower ( from 3 heads of fresh cauliflower or 1.5 lb frozen pre-riced, thawed)
2. Red onions : 1 cup
3. Minced garlic ( optional ) : ¼ cup
4. Organic Black Beans : 5 cans
5. Organic frozen roasted or plain corn ( thawed, off the cob ) : ½ lb
6. Diced Jalapenos ( optional ) : ¼ cup
7. Chopped cilantro : 1 cup
8. Sliced Avocadoes : 3 medium avocadoes
9. Enchilada Sauce ( green or red ) : 2 cups
10. Salt to taste, chopped fresh spinach : 5 cups

### How?

1. Add chopped onions to a heated pan
2. Gently stir in ¼ cup water and let onion saute and cook on high
3. Add garlic ( optional ) and saute for 3 minutes, turn heat down to medium
4. Add jalapenos, saute for 2 mins
5. Add cauliflower, saute and cook till soft, about 8-10 mins
6. Add corn, saute for 5 mins
7. Add Black beans, saute for 2 mins
8. Mix in enchilada sauce, turn heat to low, stir everything gently for 5 mins, stir in salt
9. Transfer to half-size tray lined with spinach, let cool for 10 mins, wrap with foil/saran
10. Decorate/top with sliced avocadoes