



Little Chefs, Big Change

# Fiesta Veggie Lasagna



SERVINGS: 8

PREP TIME: 30 MIN

TOTAL TIME: 1 hour

Do you like tacos? Do you like lasagna? Then you will love this flavor-filled, protein-packed recipe. Corn tortillas are layered with colorful vegetables, savory black beans, and then topped with delicious salsa. Aromatic spices like cumin, oregano, paprika and chili powder combine to create this fun and festive casserole. Yum!

## INGREDIENTS

### Veggie Filling

- 1 small onion
- 1 sweet pepper
- 1 zucchini squash
- 2 cloves garlic
- 2 cups corn kernels (fresh, frozen or canned)
- 1 tablespoon oregano
- ¼ teaspoon chili powder
- ¼ teaspoon salt

### Bean Filling

- 1 small onion
- 2 cans black beans
- ¼ teaspoon garlic powder
- ½ teaspoon cumin
- ¼ teaspoon paprika
- ½ teaspoon salt
- 1 tablespoon bean liquid

### Sauce

- 1 ¼ cup tomato sauce
- ¾ cup salsa

- 1 package corn tortillas

## DIRECTIONS

Pre-heat oven to 350 degrees.

### Veggie Filling

1. Chop onion, pepper, zucchini and garlic.
2. Heat a high-sided pan or pot over medium. Add 1 tablespoon of oil.
3. Add onion and peppers to pan/pot. Saute for 10 minutes.
4. Add zucchini and saute for another 5 minutes.
5. Add garlic and cook for another minute.
6. Add corn, oregano, chili powder and salt. Stir to combine. Cook for another minute.
7. Turn off heat. Put veggies into a bowl and set aside until ready to assemble lasagna.

### Bean Filling

1. Coarsely chop onion.
2. Heat pan on medium heat. Add 1 tablespoon of canola oil.
3. Saute onion for 5 minutes. Turn off heat.
4. Drain black beans. Save bean liquid for later. Don't dump down sink yet.
5. To food processor add: onion, black beans, garlic powder, cumin, paprika, salt and bean liquid.
6. To food processor add: onion, black beans, garlic powder, cumin, paprika, salt and bean liquid. Blend until smooth.
7. Put bean puree into a bowl and set aside until ready to assemble lasagna.



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## DIRECTIONS CONTINUED

### Sauce

1. Combine tomato sauce and salsa in a small bowl.

### Assembly

1. Cut tortillas in half.
2. Assemble lasagna in the following order:

- Sauce (¼ cup)
- Tortillas
- Bean mixture (half of it)
- Tortillas
- Vegetables
- Sauce (½ cup)
- Tortillas
- Bean mixture (remaining)
- Tortillas
- Sauce (remaining)



3. Bake for 30 minutes.