

Burrito Casserole

Free of Egg, Peanuts, Tree nuts, Sesame, Soy, Shellfish, Dairy*

1 package of soft tortillas, wraps or lavash (*Please Note: Many of these products contain sesame flour, so read the labels carefully*)

1 can black beans

1 can tomato paste

1 can crushed tomatoes

Cheese of choice (Shredded)

Red pepper flakes **

Olive oil

Preheat oven to 350 F. Oil the bottom and sides of a pan. Form a layer of tortillas on the bottom of the pan, cutting the tortillas to fill gaps if necessary. Spread a thin layer of tomato paste over the tortillas and sprinkle with pepper flakes. Layer with beans, tomatoes and cheese. Top with tortillas and repeat the layering sequence until all of your ingredients (except some cheese) are used up. Top with cheese. Bake 10 to 15 minutes until the cheese is melted and the sauce boils at the edges of the pan. Serve warm.

Servings: 6 – 8 (\$1.60/serving)

****This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***

** An alternative to using pepper flakes is using Pepper Jack cheese.