

## **Cheesy Quinoa Enchilada Bake**

**4-6 Servings (Possibly 8 servings depending on sides and garnish)**

### **You will need:**

#### **1 Batch of our Easy THRIVE Enchilada Sauce**

1 Cup cooked beans (or 1 Can of beans drained - Pinto, Black or Anasazi)

3/4 Cup THRIVE Quinoa

with 1 1/4 Cup water and 1 1/2 tsp THRIVE Chicken Bouillon mixed in  
then cooked according to package directions

1 1/2 Cups THRIVE Corn, rehydrated with 3/4 Cup water

1 Cup THRIVE Chicken, rehydrated with 1/2 Cup water

1 Cup THRIVE Tomato Dices, rehydrated with 1/2 Cup water

1/4 Cup THRIVE Freeze Dried Chopped Onions + 1/4 Cup water

1/4 Cup THRIVE Chili Peppers + 2 Tbsp water

2-3 Tbsp THRIVE cilantro

2 Cups THRIVE Cheddar, rehydrated according to package directions

Pinch of Cayenne, if hot and spicy is desired

Ideas for garnish:

Sour Cream

Avocado

Black olives

Lettuce, chopped

Fresh Tomato, diced

Fresh Onion, sliced or diced

Preheat oven to 350 degrees F.

**NOTE:** If using dry beans such as Pinto, Black, or kidney, make sure to start them the night before. Dried Anasazi Beans take about 45 minutes to cook, so make sure to start those before starting the rest of your recipe, and allow them to simmer while you assemble the rest of the ingredients.

Cook beans. While they cook, cook your quinoa. Rehydrate vegetables, chicken, and cheese according to directions above while the beans and quinoa simmer. When everything is cooked and rehydrated, assemble as below:

In a large bowl, combine cooked quinoa, rehydrated corn, chicken, onions & peppers; add about 3/4 of the rehydrated tomatoes, cooked beans, half of the Easy Enchilada Sauce, and half of the cheese. Mix thoroughly. Place in a 2 quart baking dish. Pour the remaining tomatoes on, then top with the rest of the Easy Enchilada Sauce and the remaining cheese. Bake for 40-45 minutes until the cheese on top is bubbly and melted. Remove from oven and top with garnishes or serve hot with the toppings in buffet style, and allow diners to add their own toppings.

### **SERVING SUGGESTIONS:**

- In hard taco shells with taco fixins
- With corn tortilla chips
- In soft taco shells like a burrito
- Leftovers would be good served like Hash, with poached or fried eggs on top
- How about in the GF Naan breads we like to make?
- Might even make a yummy enchilada filling if you cut back a little on the quinoa and add more chicken and beans, then stuff shells, roll up, place in baking dish and pour sauce over then bake and cover with cheese! YUM

**Vegetarian? Make this recipe without the chicken and add a can of chick peas.**