Enchilada Quinoa Bake

Enchilada Sauce

3 Tablespoons vegetable oil

3 Tablespoons flour

2 Tablespoons chili powder

1 teaspoon ground cumin

½ teaspoon kosher salt

1/4 teaspoon dried oregano

1/4 teaspoon onion powder

1 clove garlic, minced

2 Tablespoons tomato paste

2 cups chicken broth

Bake

1 cup uncooked quinoa, rinsed

2 cups water

1 Tablespoon olive oil

1 onion, diced

3 cloves garlic, minced

1 jalapeño, seeds and ribs removed, diced

1 red bell pepper, diced

1 orange bell pepper, diced

1 cup corn frozen kernels

Juice of 1 small lime

1 teaspoon ground cumin

1 Tablespoon chili powder

1/3 cup chopped cilantro

30 oz canned black beans, rinsed and drained

2 cups enchilada sauce

2 cups shredded Mexican cheese

In a saucepan, heat oil for sauce.

Whisk in flour, spices and garlic.

Whisk in tomato paste and chicken broth until smooth.

Simmer 10 minutes until thickened.  Cool.

Add quinoa and water to a pan.

Bring to a boil and boil 5 minutes.

Simmer 15 minutes, or until water is absorbed.

Heat oil in skillet.

Add the onion, garlic, and jalapeño and sauté 5 minutes.

Add peppers and corn and cook for 3-4 minutes.

Add the lime juice, cumin, chili powder, and cilantro.

Season with salt and pepper.

Combine quinoa and black beans in a large bowl.

Stir in the sautéed vegetable mixture.

Pour in enchilada sauce ½ cup cheese.

Pour the black bean mixture into a greased 9x13 baking dish.

Sprinkle remaining cheese over the top.

Cover dish with foil.  Bake 20 minutes at 350.

Remove foil.  Bake another 10 minutes.

Garnish with avocado, sour cream, green onions or cilantro.