



## GROUND TURKEY & VEGGIE TORTILLA CASSEROLE

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EACH BATCH SERVES 8.

INGREDIENTS	X1	X2	X3	X4
Oil	1 1/2 T	3 T	4 1/2 T	6 T
Large onion, chopped	1	2	3	4
Bell pepper, seeded and chopped	1	2	3	4
Cloves garlic, minced	3	6	9	12
Ground turkey	2 lb	4 lb	6 lb	8 lb
Zucchini, chopped	1 1/2 c	3 c	4 1/2 c	6 c
Yellow summer squash, chopped	1 1/2 c	3 c	4 1/2 c	6 c
Canned mild green chilies (OR small jalapeno seeded and ribs removed and diced)	4 oz.	8 oz.	12 oz.	16 oz.
Dried oregano	2 t	4 t	2 T	2 T + 2 t
Ground cumin	1 1/2 t	1 T	1 1/2 T	2 T
Gluten free chili powder, or to taste	1/2 to 1 t	1 t to 2 t	1 1/2 t to 3 t	2 t to 4 t
Canned chopped tomatoes, drained but reserve tomato juice	28 oz (2 1/2 c)	56 oz (5 c)	84 oz (7 1/2 c)	112 oz (10 c)
Black beans, drained and rinsed	14 oz (about 1 1/2 c)	28 oz (about 3 c)	42 oz (about 4 1/2 c)	56 oz (about 6 c)
Salt and pepper	to taste	to taste	to taste	to taste
Packed fresh spinach, chopped	1 c	2 c	3 c	4 c
Fresh cilantro, chopped	1/2 c	1 c	1 1/2 c	2 c
Crushed Way Better Snacks Simply Black Bean Tortilla Chips	1 c	2 c	3 c	4 c
Crushed Way Better Snacks Simply Sunny Whole Grain Tortilla	1 c	2 c	3 c	4 c
Shredded gluten and dairy free cheese substitute of choice, optional	1 c	2 c	3 c	4 c

In a large skillet or soup pot, heat the oil over medium-high heat. Add the onion and bell pepper, cooking until translucent. Add the ground turkey and garlic. Cook until turkey is browned and cooked through.

Add the zucchini, yellow summer squash, chilies, spices, tomatoes and beans. Season well with salt and pepper. Mix well. Let simmer over medium heat until flavors meld, about 30

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minutes. If it appears a bit dry, add some of the reserved tomato juice from the drained tomatoes or some gluten free chicken stock.

Preheat the oven to 350. Stir in spinach and the cilantro. Pour the mixture into an oiled 9"x13" pan. Mix the two type of crushed tortillas together. Sprinkle tortillas on top of the mixture. Sprinkle with cheese substitute if using.

Bake until the cheese substitute is melted and mixture is bubbly, about 10 to 15 minutes. Sprinkle with extra cilantro to garnish and serve.

To Freeze: After mixing the spinach and cilantro into the mixture allow to cool. Put mixture into an oiled pan and wrap well for freezing. Put the crushed tortilla topping into a small freezer bag and the cheese substitute in another, bundling the bags with the pan. Label and freeze.

To Serve: Thaw. Sprinkle casserole with tortilla topping and cheese substitute. Bake at 350 F degrees for 30 to 40 minutes until heated through and bubbling.