

Herbal Legacy Recipes

CHILI CORN CASSEROLE

By Deborah Toczek in the book "Regenerative Diet"

Yield: 6 servings

INGREDIENTS:

CASSEROLE:

- 3 ½ cups steamed corn
- 3 ½ cups steamed brown rice
- 1 tsp garlic powder
- 1 tsp crushed chili peppers
- 1/8 tsp cumin
- 3 cups homemade tomato sauce
- 1 tsp cayenne
- ½ cup green pepper (chopped)
- 1 cup chopped onion

TOPPING:

- 1 cup tofu
- 1 cup homemade tomato sauce
- ¼ cup chopped green pepper

DIRECTIONS:

Combine all casserole ingredients in a 2-quart casserole dish. Cover with topping. Place in oven at 150 degrees for 1 hour. Garnish with green pepper rings and mushroom slices.

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