



## RECIPES

### Mexican Casserole

#### Sauce:

In a sauce pan combine

1 ½ qt. canned/cooked Roma tomatoes

¼ cup water

½ teaspoon Real Salt

½ teaspoon cumin

½ teaspoon marjoram

¼ teaspoon oregano

¼ teaspoon paprika

Puree Roma/plum tomatoes, then add all remaining ingredients. Bring to boil and reduce to simmer for 5 minutes. Set aside.

#### Layered Filling:

Reserve beans and/or buffalo, and cheese for separate layer

1 can, or 1 ½ cups fresh organic red kidney beans, whole or mashed  
and/or 1 lb. Cooked Ground buffalo meat

Goat or sheep milk cheese, grated

1 can black olives chopped

2-4 diced fresh Plum/Roma tomatoes

½ cup fresh cilantro

1 medium red onion chopped

Option: 1 cup frozen corn niblets

½ teaspoon cumin

¼ teaspoon oregano

¼ teaspoon paprika

Dash red pepper (cayenne)

In skillet, heat 2 tablespoons Safflower oil and sauté red onion, until transparent, then add tomatoes and cilantro until heated. Mix in remaining ingredients and heat.

In 9x13 casserole dish, spread bottom with light coating of sauce mix and then layer 6 corn tortillas, covering bottom of casserole dish, grated goat gouda or cheddar cheese and filling. Top with sauce. Layer another 6 tortillas and top with beans or buffalo, top with sauce. Layer another 6 tortillas and repeat first layers two more times, with beans or buffalo in between, topping last layer with cheese. Bake in 375-degree oven for 45 minutes or until there is bubbling around all sides and cheese is golden brown on top.

Serve topped with fresh salsa and guacamole.