

Mexican Casserole

190 ml	crushed tortilla chips
½ can	garbanzo beans (chickpeas)
½ can	Kidney beans (drained)
½ can	corn (drained)
125 ml	tomato sauce
125 ml	salsa
½	onion, chopped
½	green pepper, chopped
35 ml	chopped cilantro
1 clove	garlic, minced
Salt & pepper to taste	
250 ml	shredded cheese (divided into 2 portions)

1. Preheat oven to 350F
grease a large baking dish and scatter tortilla chips evenly on the bottom
2. Combine, beans, corn, tomato sauce, salsa, onion, pepper, cilantro, garlic, salt & pepper in a large bowl.
3. Place half of the mixture evenly in the baking dish
4. Sprinkle half of the cheese over the mixture
5. Cover with remaining bean mixture and sprinkle again with cheese and some more crushed tortilla chips if you like
6. Bake about 20 min. until cheese is hot and melted.

- You could also add shredded chicken or cooked ground beef to this recipe