

Slow Cooker Mexican Chilli Bean Tortilla Lasagne

Serves 6



Ingredients:

- 2tbsp vegetable oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 1 yellow bell pepper, seeded and chopped
- 70g mushrooms, sliced
- 2tsp ground cumin
- 1tsp chilli powder
- 1tsp dried oregano
- 1 fresh green chilli, seeded and chopped (leave out for less spicy flavour)
- 1 tin chopped tomatoes
- 1 tin black beans, rinsed
- 1 tin sweetcorn
- 4tbsp coriander, chopped (plus extra to serve)
- 8 small corn tortillas
- 240ml sour cream
- 225g cheddar cheese, grated

Method:

1. Heat the oil in the pan
2. Add onion and garlic and fry for 5 minutes, until softened
3. Add the pepper and mushrooms and cook for 5 minutes
4. Add the cumin, chilli powder, oregano and fresh chilli, if using, and cook for further 3 minutes
5. Add the tomatoes, beans, corn, and coriander
6. Layer the tortillas with the sauce in the slow cooker (starting with the tortillas and finishing with the sauce)
7. Cook on low for 5-6 hours
8. 30 mins before end of cooking time, mix the cream with half the cheddar and spread over the top
9. Serve sprinkled with the rest of the cheese and some coriander

