

Black Bean, Hominy & Tortilla Bake

2 tablespoons vegetable oil

1 clove garlic, minced

1/2 cup onion, diced

1/2 cup bell pepper, diced

1 cup fresh or canned tomato,

chopped

2 teaspoons cumin

1 teaspoon chile powder

8 ounces tomato sauce

2 cups cooked black beans

1 cup canned hominy or frozen corn

12 soft corn tortillas, cut into 2"-wide strips

8 ounces grated cheese, cheddar, jack or diced

salt & freshly ground black

pepper, to taste

Yield: 6 servings

Preheat oven to 350°.

In a large skillet over medium-high heat, sauté garlic, onions and bell pepper until soft, about six to eight minutes.

While vegetables cook, grate cheese and set aside.

Add tomatoes, cumin and chili powder to onions and cook five minutes more.

Stir in tomato sauce, beans and hominy. Cook another five minutes. Taste and adjust spices.

Lightly oil a 9-inch square baking dish.

Layer about 1/3 of the tortilla strips in the bottom of the baking dish, and top with 1/3 of the bean mixture and 1/3 of the cheese. Repeat two more times, making sure cheese is top layer.

Bake for about 15 minutes covered then 10 minutes uncovered, or until sauce is bubbly and cheese begins to brown.

Top with your favorite salsa, sour cream or a sprinkle of cotija cheese.