

Vegan 'Cheesy' Mexican Bake

Ingredients

Cheese Sauce (Makes 2 1/2 cups)

- 1 cup (150g) raw unsalted cashews
- 1 cup (240g) mild, chunky salsa
- 3/4 cup (180g) PLAIN dairy-free yogurt
- 1/4 cup + 1 tablespoon (75g) water
- 1 1/4 teaspoons smoked paprika
- 1 1/4 teaspoons ground cumin
- 3/4-1 teaspoon salt

Casserole

- Two 15 oz cans low-sodium black beans, drained and rinsed
- 1 cup (240g) mild chunky salsa
- 2 cups (293g) corn
- Optional: Green onions for garnish

Instructions

1. Prepare cheese sauce by adding all of the ingredients listed above under Cheese Sauce to a high-powered blender. If you do not have a strong blender, soak the cashews overnight, drain and rinse.
2. Preheat oven to 375°F.
3. In an 8.5 x 8.5 casserole dish, mix the cheese sauce with the beans, salsa and corn.
4. Cover casserole dish with foil so cheese sauce does not harden.
5. Bake with foil on for 15 minutes, then remove foil and bake another 8 minutes until the cheese is firm.
6. Garnish with fresh green onions.

This dish is gluten free.