



CHEF KATE

CULINARY OIL
BRAND AMBASSADOR
& CHEF-TO-THE-STARS



MEXICAN CASSEROLE



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SERVES 6 - 8 **PREP TIME** 25 - 35 minutes **ROASTING TIME** 30 - 40 minutes

A NOTE FROM CHEF KATE

“This is a tasty, delightful casserole that’s great for a family dinner or when guests drop by! Young Living’s Coriander, Black Pepper and Thyme essential oils add a wonderful Mexican twist to this dish.”

INGREDIENTS

2 tbsp.	Olive oil	6 - 8	Small corn or wheat tortillas
500g	Beef or chicken mince	250 - 350g	Cheese, grated
1	Small onion, finely chopped		Sour cream <i>For serving</i>
1	Carrot, finely chopped		Salsa <i>For serving</i>
1	Zucchini, finely chopped		
½ cup	Corn		
¼ cup	Pumpkin seeds (reserve 1 tbsp.)		
1 tsp.	Cumin seeds		
½ tsp.	Ground cumin		
1 tsp.	Salt and ground pepper		
400g can	Kidney or black beans, drained		
300g jar	Salsa		
1 - 2 tbsp.	Honey, to taste		
3 tbsp.	Coriander or parsley, chopped		<i>Optional</i>
2 drops	Young Living Coriander essential oil		
2 drops	Young Living Black Pepper essential oil		
	Young Living Thyme essential oil, to taste		
	<i>Using the Toothpick Method</i>		



METHOD

1. Preheat oven to 180°C and choose a suitable casserole dish.
2. Heat a large sauté pan on medium-to-high heat and add the olive oil. Then, add the beef or chicken mince and cook for 5 minutes while stirring and breaking up the mince continuously.
3. Add the onions, carrots, zucchini and corn and keep stirring and cooking for 5 minutes.
4. Add the cumin seeds, pumpkin seeds, ground cumin, salt and pepper, salsa, honey and coriander or parsley (optional) and stir well to combine. If the salsa is too solid, add a small amount of water so that the mixture is moist enough for the tortillas to absorb the liquid.
5. Remove from heat and add the Coriander and Black Pepper essential oils. Then, use the **Toothpick Method** outlined below for adding the Thyme essential oil.
6. Spoon approximately 1 cup of the mixture into the casserole dish, covering the bottom in a thin layer, then cover with 2 - 3 tortillas. The tortillas may need to be cut to fit correctly. Lastly, sprinkle with cheese.
7. Repeat Step 6 until you have filled the casserole dish, ending with a layer of cheese. Sprinkle reserved pumpkin seeds on top and then bake for 30 – 40 minutes - until the cheese is golden. If the casserole is browning too quickly, cover the dish with baking paper.
8. Serve and enjoy with some salsa and sour cream.

TIP: Assembling this Mexican casserole is a lot like making a lasagna - except tortillas are used in place of pasta. The casserole can also be made a day in advance and cooked the following day.

TOOTHPICK METHOD: Thyme essential oil has a strong flavour, so use the toothpick method to control the intensity. Dip a toothpick into the bottle of Thyme essential oil, and then stir it through the casserole ingredients. If you desire a stronger flavour, use a clean toothpick and repeat.

NOTE: For a vegetarian option, use crumbled firm tofu or more vegetables in place of the beef or chicken mince.