

■ Healthy Taco Casserole

Servings: 6

Ingredients:

- 1 lb extra lean ground beef or ground turkey (sub lentils or crumbled tempeh for plant-based)
- 1 small yellow onion, diced
- 1 red bell pepper, diced
- 1 yellow or orange bell pepper, diced
- 5 cups shredded collard greens
- 1 cup beef or veggie broth (unsalted)
- 1 pint sugar plum grape tomatoes, halved
- 15 oz black beans (optional, rinsed & drained)
- 18 oz tomato sauce with roasted garlic (check gluten-free label)
- 3 tbsp homemade taco seasoning (see recipe below)
- 6 oz plant-based queso (Good Foods brand works great)
- 1–2 oz Plant Derived Minerals (add to the broth step for extra trace nutrients)

Instructions:

1. Preheat oven to 350°F.
2. In a skillet, cook ground meat (or lentils/tempeh) over medium heat until browned. No oil needed — just add a splash of broth or water if it sticks. Drain excess liquid.
3. Add onion and peppers. Sauté 2–3 minutes until softened (use broth if needed).
4. Stir in collard greens and let them wilt.
5. Pour in broth + Plant Derived Minerals, cover, and simmer 5 minutes until greens are soft. Remove cover and simmer until broth is reduced.
6. Stir in tomatoes, beans (if using), tomato sauce, and taco seasoning. Mix well.
7. Line a 3x9 inch casserole dish with parchment paper (no need for non-stick spray). Spread in the casserole mixture.
8. Top with plant-based queso.
9. Cover and bake at 350°F for 1 hour.

■ Homemade Taco Seasoning (Single Serving):

- 2 tsp cumin
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp sea salt or Himalayan pink salt
- 1 tsp black pepper

■ Multiply the recipe to keep a jar on hand for quick taco nights or casseroles.

■ **Sunday Chef Tip:** Plant Derived Minerals don't just boost flavor — they deliver up to 77 trace minerals your body craves but most diets lack. It's what makes this casserole a *true fall superfood dish*.