

Crock Pot Vegetarian Fiesta

After a great weekend away, it's nice to be back home to cook. But surprise!! Company for dinner tonight. I haven't had a chance to go to the grocery store yet, so I need to whip up something for dinner that is tasty and unique without needing a separate shopping list.

Here's one of my secrets- I always have tortillas in the refrigerator as a quick fix (think... chicken quesadillas, deli wraps, flatbread pizzas) and I also keep random cans of food in the pantry. Voila! Dinner is served. Seriously, it's just that easy. Try stocking your kitchen with some of these easy ingredients and next time you have last minute guests, you'll have a great meal to serve. Enjoy!

2 15 oz. cans of black beans, drained and rinsed

2 10 oz. cans of diced tomatoes with green chiles

1 15 oz. can corn kernels, drained

1 10 oz. can of enchilada sauce

1 lb. bag of frozen mixed pepper strips

1 t. cumin

1 t. dried oregano

1/2 t. black pepper

Pour all canned ingredients and seasonings into crock pot and stir together. Add frozen peppers and stir again. Cook on low for 3-4 hours. Use this as a filling for soft tortillas, serve it on white rice as an entree or on top of shredded lettuce as a salad.