



CONVIVIVUM  
URBAN FARMSTEAD

## THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING

*The recipe is provided below if you would like to recreate the meal.*

### Reheating Instructions:

If reheating the entire casserole, place in the oven at 350 degrees F for 20-25 minutes or until it is 165 degrees in the center (or hot all the way through).

It can also be portioned out cold and then reheated in the microwave as individual portions.

**DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.**

## Mexican Egg Bake

12 eggs  
3/4 cup milk  
1/2 cup salsa  
1/2 cup diced bell pepper  
1 cup diced tomatoes  
1 cup chopped kale  
1 cup black beans, drained and rinsed  
2 tsp. chili powder  
1 tsp. cumin  
1 tsp. onion powder  
1 tsp. salt  
2 cups shredded cheddar cheese (divided)

### INSTRUCTIONS

1. Spray a 9x13 casserole pan. Preheat the oven to 350 degrees F.
2. In a medium size mixing bowl, beat together the eggs and milk.
3. Stir in the remaining ingredients, using only 1 cup of cheese.
4. Pour the egg mixture in the 9 x 13 pan.
5. Bake, uncovered, for 30 minutes. Remove from the oven, sprinkle with the remaining 1 cup of cheddar cheese, and bake for 10 more minutes. Let cool for 10 minutes. Enjoy!

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*Follow us on FACEBOOK to stay up to date with each week's casserole recipe and availability*

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