

# COOKING DEMO NEW RECIPE

Featured on VIDA Health: Spinach Enchilada Casserole

## THE H2LIFE NB

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## Food & Cultures Exploration for VIDA Health

This month Annamarie was selected as a contributor for the "Food & Cultures Exploration" team for VIDA Health. She was asked to record a cooking demo and provide a recipe for publication that will be provided to all VIDA employees. Although we are waiting for VIDA's "official" video with all of the professional editing, take a look at our own attempt for you to enjoy:) Ingredients listed below. Follow along with Annamarie in your kitchen!



### Ingredients:

- 2 tablespoons olive oil
- 1/4 cup finely chopped red bell pepper
- 1/4 cup finely chopped onions
- 1 tablespoon finely chopped garlic
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- salt & peper to taste
- 1 tablespoon tomato paste
- 1 tablespoon arrowroot flour
- 1 cup total vegetable stock (or chicken)
- One 15oz can low-sodium tomato saunce
- 4 cups organic baby spinach leaves
- 1 1/2 cup-2 cups shredded cheddar cheese
- 9 corn tortillas