

Black Bean

Enchilada Casserole

RECIPE BOX

INGREDIENTS

24-28 CORN TORTILLAS
3 1/2 CUPS RED ENCHILADA SAUCE
1 TABLESPOON JALAPEÑO SAUCE
1 RED BELL PEPPER, DICED
1 GREEN BELL PEPPER DICED
1 1/2 CUPS SWEET YELLOW CORN
KERNELS, COOKED
2 15 OZ CAN BLACK BEANS, RINSED AND
DRAINED
2 CUPS SHREDDED CHEDDAR CHEESE
AND MONTEREY JACK CHEESE BLEND
FRESH CILANTRO, DICED FOR GARNISH
GREEN ONION, THINLY SLICED FOR
GARNISH

DIRECTIONS

STEP 1: Preheat oven to 375°F. Grease a 9X13 casserole dish and set aside.

STEP 2: Combine enchilada sauce and jalapeno in a bowl until fully mixed.

STEP 3: Lay 8 tortillas on the bottom of the pan (overlapping is fine).

STEP 4: Spread about 1 1/2 cup of the mixed sauce onto the tortillas, fully coating them.

STEP 5: Sprinkle half the beans, half the corn, and half the of the bell pepper on top of the sauced tortillas and top with a third of the cheese blend.

STEP 6: Repeat the layering process starting again with the tortillas, then add sauce, then the rest of the beans, bell pepper, corn, and another third of the cheese.

STEP 7: Top this second layer with another 8 tortillas. Coat with the remaining sauce and sprinkle the rest of the cheese on top.

STEP 8: Place in the middle rack of the oven for 45 – 55 minutes, until the sauce is bubbling, cheese is melted and the middle is cooked through. Let cool for about 5 minutes. Sprinkle with fresh cilantro & serve immediately.

Nutrition per Serving: Calories 468, Fat 9.9g, Carbs 74g, Fiber 14g, Sugars 4g, Protein 23.7g

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