

# VEGETARIAN ENCHILADA CASSEROLE

★★★★★ 5 FROM 3 VOTES

*Vegetarian Enchilada Casserole. Layered with black beans, corn, green chilies and corn tortillas!*

**SERVINGS: 6** **PREP TIME: 20 MINS** **COOK TIME: 20 MINS**  
**TOTAL TIME: 40 MINS**



## INGREDIENTS

1 tablespoon oil  
1 onion, diced  
1 yellow bell pepper, diced  
3 cloves garlic, minced  
2 cups red enchilada sauce  
2 cups corn  
1 can, 15.5 ounce black beans, drained and rinsed  
1 can green chiles  
2 cups shredded Mexican cheese  
16 corn tortillas, cut in half  
olives for serving, if desired  
cilantro for serving, if desired  
sour cream for serving, if desired

## INSTRUCTIONS

1. Preheat the oven to 400 degrees.

Meanwhile heat oil in a medium skillet and add in the onion and bell peppers. Sauté until tender 3-4 minutes. Add in garlic and cook for an additional minute then set aside.
2. Spread a little enchilada sauce in the bottom of a 9 x 13 pan.
3. To assemble start by layering 1/3 of the tortillas, half of the onions, half of the beans, half of the corn, half of the green chilies, 1/3 of the sauce and 1/3 of the cheese.
4. Repeat with a layer of 1/3 of the tortillas and the remaining half of the beans, corn and green chilies. Spread 1/3 of the enchilada sauce on top and sprinkle with 1/3 of the cheese.
5. Layer on the remaining tortillas, sauce and cheese.
6. Cover with foil and bake for 25-30 minutes or until the cheese is melted and the casserole is warmed through. Serve immediately with olives, cilantro, sour cream if desired.

## NUTRITION INFORMATION

**CALORIES: 396KCAL CARBOHYDRATES: 51G PROTEIN: 16G FAT: 16G SATURATED FAT: 7G**  
**CHOLESTEROL: 35MG SODIUM: 987MG POTASSIUM: 299MG FIBER: 7G SUGAR: 10G VITAMIN A: 915IU**  
**VITAMIN C: 6MG CALCIUM: 306MG IRON: 2MG**

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