

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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