



Enchilada Casserole



Recipe adapted from *Foodbero.org*

Ingredients

- 1 Tbsp. vegetable oil
- 12 corn tortillas or 9 whole wheat flour tortillas (soft taco size)
- 2 (15 ounce) cans of black or pinto beans, drained and rinsed
- 1 medium onion, diced
- 1 bell pepper, diced
- 1 small can (8 ounces) whole kernel corn, drained
- 1 can (4 ounces) diced green chiles
- 1 can (19 ounces) enchilada sauce- or 1 cup of salsa + 1 can (8 ounces) of tomato sauce
- 2 cups grated cheese, Monterey Jack or Mexican blend
- 1/2 pound cooked chopped chicken, ground turkey, or lean ground beef (Optional)



Directions

Total Cost: \$9.39

Serving Cost: \$0.78

Yield: 12 servings

Serving Size: 1 slice

1. Preheat oven to 375 degrees.
2. If using meat, cook first in skillet then remove and set aside.
3. Heat oil in skillet. Add diced onion and pepper to skillet and cook until just tender. Add drained beans, corn, chiles and cooked meat (if using). Add 1 cup enchilada sauce to mixture and stir to combine.
4. Spoon about 1/2 cup of enchilada sauce into the bottom of baking dish and spread around.
5. Cut tortillas in half and place 6-8 tortilla halves on top of the enchilada sauce, overlapping them slightly. Layer on the filling mixture and spread evenly over tortillas. Spread 1/3 of cheese on top.
6. Repeat layering tortilla, filling, and cheese 2 more times.
7. Top final layer with remaining enchilada sauce.
8. Bake in oven until cheese has melted and filling is hot, about 25 minutes. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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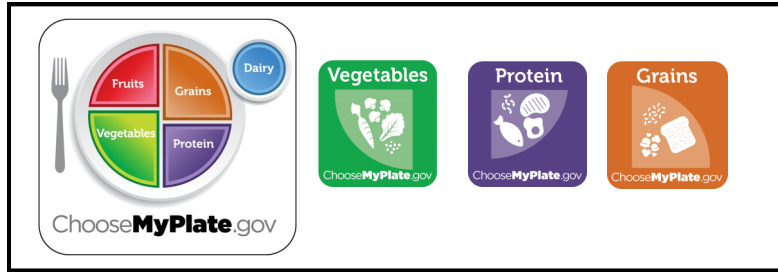
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Fast Facts



Featured Food Groups



Cooking Tips



- To freeze: Prepare recipe through baking, wrap tightly with aluminum foil and place into the freezer.
- To heat once frozen, simply remove from the freezer and place in the refrigerator overnight to thaw.
- Bake as instructed in the recipe; however, note that baking time may take a bit longer to make sure all ingredients are heated through.

Nutrition Facts

12 servings per container	
Serving size	1 Slice
Amount Per Serving	
Calories	340
<small>% Daily Value*</small>	
Total Fat 16g	21%
Saturated Fat 7.8g	39%
<i>Trans</i> Fat 0.5g	
Cholesterol 55mg	18%
Sodium 700mg	30%
Total Carbohydrate 30g	11%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0.2mcg	0%
Calcium 325mg	25%
Iron 1.98mg	10%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

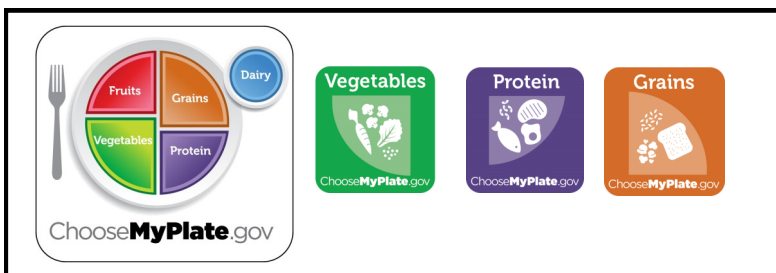
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