

Enchilada Casserole

Prep time: 25 mins Cook time: 12 mins Total time: 37 mins
Serves: 6 to 8 (makes about 7.5 cups)

Ingredients

- 1 medium yellow or white onion, chopped (about 2 cups)
- 1 medium red bell pepper, seeded and chopped (about 1½ cups)
- 1 tablespoon finely chopped garlic (4 to 5 medium cloves)
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 can diced tomatoes (14.5 ounces; about 1½ cups), undrained
- 1 can cooked black beans (15 ounces; about 1½ cups), drained and rinsed
- 1 medium zucchini, sliced (about 2 cups)
- 1 cup corn kernels
- 5 cups coarsely chopped greens (kale, collards, or Swiss chard)
- 3 to 4 six-inch corn tortillas, cut into ½-inch squares
- 1 to 2 six-inch corn tortillas, cut into small rectangular "chips"
- Chopped cilantro and/or avocado for garnish (optional)

Instructions

1. Heat 1 tablespoon of water in a large frying pan or soup pot over medium-high heat. When the water starts to sputter, add the onion and bell pepper, and cook while stirring for about 5 minutes. Reduce the heat to medium, and add the garlic, chili powder, and oregano, and cook for 2 minutes more, adding a little water as needed.
2. Stir in the tomatoes, beans, zucchini, corn, greens, and the 3 to 4 cut-up corn tortillas, then cover and cook for 5 minutes, stirring halfway through.
3. Preheat the oven to 375°F. Set aside a 9x13-inch casserole dish.
4. Place about 1 cup of the cooked vegetables into a blender and blend briefly (add a little water if the mixture is too thick to blend). Stir this back into the cooked vegetables.
5. Spoon the mixture evenly into the casserole dish and scatter the remaining 1 to 2 cut-up corn tortillas on the top. Bake uncovered for 15 minutes. Let stand for 5 minutes before serving.

Notes

Chili powder: Most stores carry a standard "chili powder," which is mild in flavor; this is what I have used in this recipe. If you like things on the "hot-n-spicy" side, feel free to use a hotter chili powder of your choice instead, or add a ½ teaspoon of red pepper flakes or a few chopped jalapeño peppers.

No corn? You may also leave the corn and tortillas out of this dish if you have chosen to avoid corn altogether; the casserole won't be as thick, but it will still be filling and have great flavor.

No baking? The baking helps firm up the casserole, but you may also forego the baking step and just eat the vegetable-bean-tortilla mixture as a stew.

Nutrition Information

Serving size: ⅛ recipe, 1 cup Calories: 145 Fat: 1.1g Saturated fat: 0.2g Carbohydrates: 26.7g
Sugar: 6.3g Sodium: 37mg Fiber: 7.6g Protein: 6.2g Cholesterol: 0

Recipe by Straight Up Food at <https://www.straightupfood.com/blog/2014/04/14/enchilada-casserole/>