



A Nutrition Resource

ENCHILADA CASSEROLE

Yield: 8 Servings | Serving Size: 1 cup
Cost/Serving: \$1.41

Ingredients:

- 1 (28-ounce) can green enchilada sauce
- 1 (15-ounce) can pinto or black beans, drained and rinsed
- 3 cups cooked brown rice*
- 1 (15-ounce) can whole kernel corn, drained OR 1 1/2 cups frozen corn
- 12 (6-ounce) corn tortillas
- 10 ounces Monterey Jack or Cheddar cheese

Directions:

- 1) Preheat oven to 350°F.
- 2) Drain and rinse the beans and corn (if using canned corn).
- 3) Collect and measure all ingredients before starting to prepare the recipe.
- 4) In a large bowl, mix enchilada sauce, beans, cooked rice, and corn.
- 5) Place half the mixture on the bottom of a 9 x 13-inch pan or split it between two 9-inch square or round pans. **
- 6) Spread the corn tortillas evenly over the mixture. Place remaining mixture on top of tortillas.
- 7) Top mixture with cheese and cover with foil. Bake for 15 to 20 minutes.
- 8) Remove foil and bake for 10 minutes or until cheese is melted and sauce is bubbly.
- 9) Serve hot.
- 10) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Add leftover cooked meat and/or vegetables to the casserole layers.

Nutrition Facts

8 servings per container

Serving size 1 1/2 Cups (434g)

Amount Per Serving
Calories **420**

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 690mg **30%**

Total Carbohydrate 56g **20%**

Dietary Fiber 8g **29%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 18g **36%**

Vitamin D 0mcg **0%**

Calcium 318mg **25%**

Iron 3mg **15%**

Potassium 740mg **15%**

*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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* Cook rice according to package directions. The package will indicate how much uncooked rice is needed to make 3 cups of cooked rice.

** If you made two pans, you can freeze one of them before baking. Double-wrap in foil and keep for up to 1 month in the freezer.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

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