

Enchilada Casserole

Makes: 8 (1 cup) servings
Preparation Time: 15 minutes
Cooking Time: 25-30 minutes

Ingredients:

- 1 (28 ounce) can green enchilada sauce
- 2 cups cooked or canned beans (pinto, black, kidney), drained
- 3 cups cooked brown rice
- 1 (15 ounce) can whole kernel corn, drained, or 1½ cups frozen corn
- 12 corn tortillas
- 3 cups grated cheese

Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, mix sauce, beans, rice, and corn.
3. Place half of mixture on bottom of pan*, or divide half the mixture between two pans.
4. Place corn tortillas on top of the mixture.
5. Place remaining mixture on top of tortillas.
6. Top with cheese.
7. Cover with foil. Bake for 10 minutes. Remove cover and bake for 15-20 more minutes or until bubbly.
8. Cut large pan into 8 servings or smaller pans into 4 servings each.
9. Refrigerate leftovers.

*Use one 9x13 pan or two 9 inch square or round pans for 2 meals for 4 people. One to be frozen for a quick meal later. (Keeps up to a month in the freezer double wrapped in foil).

Be Creative!

Add leftover cooked meat and/or vegetables.

Eat Smart: Build Strong Bones!



Nutrition Facts	
Serving Size 1 cup (327g)	
Servings Per Container 8	
Amount Per Serving	
Calories 470	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 9g	46%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 1190mg	50%
Total Carbohydrate 61g	20%
Dietary Fiber 10g	40%
Sugars 8g	
Protein 21g	

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