

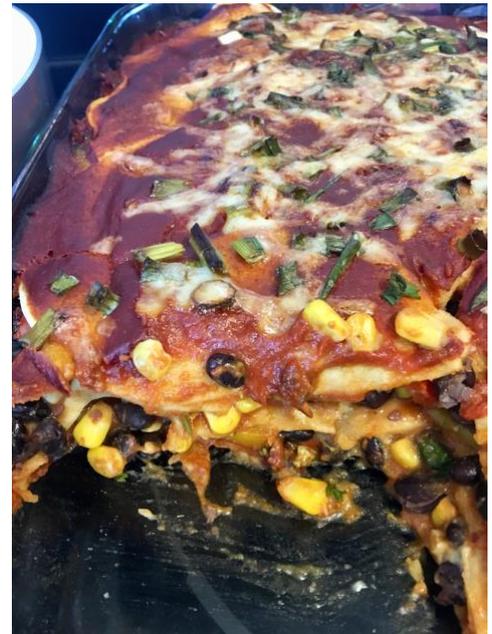
Black Bean Enchilada Casserole

Makes 10 servings

Ingredients:

Filling

- 3.5 cups cooked black beans
- 1 tablespoon olive oil
- 2 cups each chopped red and orange bell pepper (or colour of choice, 1 pepper = ~ 2 cups)
- 2 cups diced zucchini
- 3 cups chopped broccoli
- 1.5 cup corn kernels
- 2 cups (8 oz) shredded cheddar cheese (or blend of your choice)
- 24 fresh corn tortillas
- Optional garnishes: hot peppers, chopped green onions, cilantro



Enchilada sauce

- 1.5 cups tomato paste
- 2.25 cups low sodium vegetable broth
- 3 tablespoons butter or oil
- 3 tablespoons flour
- 2 tablespoons chili powder
- 1.5 teaspoons garlic powder
- 1.5 teaspoons cumin
- ¾ teaspoon onion powder
- ½ teaspoon cayenne pepper
- ¼ teaspoon salt

Black bean enchilada casserole		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	451.9 kcal	23 %
Total Fat	16.7 g	26 %
Saturated Fat	6.5 g	32 %
Trans Fat	0.2 g	
Cholesterol	22.7 mg	8 %
Sodium	326.2 mg	14 %
Total Carbohydrate	61.3 g	20 %
Dietary Fiber	13.4 g	54 %
Sugars	12 g	
Protein	19.5 g	39 %
Vitamin A	62 %	Vitamin C 219 %
Calcium	26 %	Iron 25 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions:

1. Start by chopping all vegetables. Add 1 tablespoon olive oil to a large pan over medium heat. Add vegetables and sauté until softened. Add in the corn and black beans, stir to combine.
2. *To make the enchilada sauce:* melt the butter in a sauce pan over medium heat. Once melted, add in flour and spices, stir until fragrant. Then add the tomato paste and broth. Stir and simmer until sauce has thickened slightly, then remove from heat and set aside.
3. Preheat oven to 375°F (it will take time to do steps 1 and 2 so I don't preheat the oven right away). Grease a large casserole dish (at least 10 x 15 inches).
4. Shred cheddar cheese.
5. *To assemble the casserole:* layer 8 tortillas (overlapping) on the bottom of the dish. Top with 1.5 cups of sauce, half the vegetable and bean mixture, and 1/3 of the cheese. Then repeat layering: tortilla, sauce, vegetables and beans, cheese. Finish with a layer of corn tortillas, the remaining sauce and cheese. Garnish with green onions, hot peppers, and cilantro if you choose.
6. Bake for 45-55 minutes until sauce and cheese are bubbling. Remove from oven and cool for 5-10 minutes before serving.

Makes great leftovers, freeze well!

I make this a bit differently each time depending on what vegetables I have to use up. Don't worry if you use a bit more or a bit less of something and feel free to add in other veggies! Note: if you are not used to eating lots of fibre, this recipe may be too much for you. Start by working your way up to high fibre meals by slowly increasing your fibre intake (and ensure you drink more water too!).