

Recipe for: Bean and Vegetable Enchilada Casserole



RUTGERS
New Jersey Agricultural
Experiment Station

Ingredients:

- 1 medium bell pepper, chopped
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp. canola oil
- 1 can (14 oz.) black beans, drained and rinsed
- 1 can (14 oz.) pinto beans, drained and rinsed
- 1 package (16 oz.) frozen corn, thawed
- 1 can (28 oz.) pureed or crushed tomatoes
- 1 Tbsp. chili powder
- 1/2 tsp. ground cumin
- Dash of hot sauce, to taste
- Salt and freshly ground pepper, to taste
- 12 corn tortillas
- 1 cup grated reduced-fat Jack cheese

Directions:

Preheat oven to 350 degrees. In large saucepan, heat oil over medium heat and saute bell pepper, onion and garlic for five minutes. Add beans, corn, tomatoes and seasonings, including salt and pepper, if desired. Reduce heat to low and simmer for 15 minutes.

Assemble casserole in 9 x 13-inch baking dish. Cover bottom with one-third of bean mixture. Layer six tortillas on top of beans. Repeat once more, ending with bean mixture on top. Sprinkle cheese on top and bake until hot and bubbly, about 30-40 minutes.

Makes 8 servings. Per serving: 320 calories, 7 g total fat (2 g saturated fat), 53 g carbohydrates, 15 g protein, 11 g dietary fiber, 677 mg sodium.

Recipe Source: ©The American Institute for Cancer Research-aicrweb@aicr.org