

Black Bean Enchilada Casserole

Serves 4

1 onion, peeled and sliced
2 green bell peppers, sliced
1 clove garlic, minced
½ teaspoon ground cumin
½ teaspoon Kosher salt
½ teaspoon freshly ground black pepper
1 can (15 oz) diced tomatoes
2 cans (15 oz) black beans, rinsed and drained
1 can (15 oz) whole kernel corn, drained (or 2 cups frozen corn)
½ bunch cilantro, chopped
8-12 corn tortillas (6-inch wide), cut in half
2 cups Monterrey Jack cheese, shredded
2 cups picante sauce
1 tomato, diced
2 green onions, thinly sliced
Cooking spray

Preheat oven to 350°.

Spray a 9"x12" baking dish with cooking spray, set aside.

Spray a large skillet with cooking spray. Over medium-high heat, cook onion and peppers until soft. Add garlic, cumin, salt and pepper and cook until just fragrant, about 1 minute. Add canned tomatoes, black beans and corn and cook until heated through. Remove from heat. Stir in half of the cilantro.

Layer 4–5 tortilla halves in the bottom of the baking dish. Spread ½ of the bean mixture on tortillas. Sprinkle 1/3 of the cheese on the bean mixture.

Layer 4–5 tortilla halves on the cheese. Spread remaining bean mixture on tortillas. Sprinkle 1/3 of the cheese on the bean mixture.

Place the last layer of tortilla halves on the cheese. Pour picante sauce evenly over the top of the casserole. Sprinkle the remaining cheese on the top. Sprinkle diced tomato and green onion on the top.

Bake until heated through and cheese is melted, about 20 minutes.

To serve, garnish with remaining cilantro.

Nutrition Information per Serving Calories 510; Fat 15.6 g; Saturated Fat 10.1 g; Sodium 931.4 mg; Fiber 18.6 g; Sugars 8 g; Added Sugars 0 g; Protein 24.8 g