



EATING SMART
BEING ACTIVE

Enchilada Casserole

Makes: 8 servings (1½ cups per serving)

Preparation Time: 10 minutes

Cooking Time: 25 to 30 minutes

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 ½ cups frozen corn
- 12 (6 inch) corn tortillas
- 10 ounces Monterey Jack or Cheddar cheese, shredded (2 ½ cups shredded)

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 inch 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 more 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.

Nutrition Facts	
8 servings per container	
Serving size	1 1/2 Cups (434g)
Amount Per Serving	
Calories	420
<small>% Daily Value*</small>	
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%
<small>*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.</small>	

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

* 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 it will keep for up to 1 month in the freezer.



United States
Department of
Agriculture

National Institute
of Food and
Agriculture



EFNEP
COLORADO STATE UNIVERSITY
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

Get Moving!