



Enchilada Casserole

Makes: 8 servings (1 ½ cups per serving)

Preparation Time: 8 to 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* or 1 cup instant brown rice (for skillet)
- 1 (15 ounce) can whole kernel corn, drained or 1½ cups frozen corn
- 12 (6 inch) corn tortillas
- 10 ounces Monterey Jack or cheddar cheese, shredded (2½ cups shredded cheese)

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%

*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.

Directions for Electric Skillet

1. Wash hands with soap and water.
2. Plug in the electric skillet and set heat to medium (250-260 degrees).
3. Collect and measure all ingredients before starting to prepare the recipe.
4. Drain and rinse the beans and corn (if using canned corn).
5. Pour green enchilada sauce plus 1/4 cup water into the skillet.
6. Mix in beans, instant brown rice and corn.
7. Top with 1 cup cheese.
8. Place corn tortillas evenly on top of mixture.
9. Top with remaining cheese.
10. Cover and cook 10-15 minutes on medium, until rice is done.
11. Cut into 8 servings. Serve hot.
12. Refrigerate leftovers within 2 hours. Heat to a minimum temperature of 165°F before eating. Enjoy within 3 to 5 days.

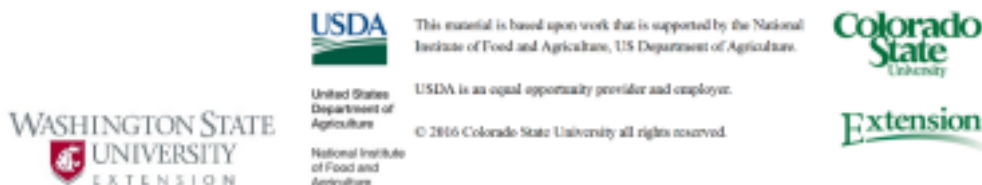
Directions for Oven

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees.
3. Collect and measure all ingredients before starting.
4. Drain and rinse the beans and corn (if using canned corn).
5. In a large bowl, mix sauce, beans, cooked rice, and corn.
6. Place half of mixture on bottom of pan, or divide half the mixture between two pans.* *
7. Place corn tortillas evenly on top of the mixture.
8. Place remaining mixture on top of tortillas.
9. Top with cheese.
10. Cover with foil. Bake for 15-20 minutes. Remove cover and bake for 10 more minutes or until bubbly.
11. Cut large pan into 8 servings or smaller pans into 4 servings each. Serve hot.
12. Refrigerate leftovers within 2 hours. Heat to a minimum temperature of 165°F before eating. Enjoy within 3 to 5 days.

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

* Cook rice according to package directions.

** 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.



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