



Serves 6-8

Preparation Time: 15 minutes

Cook Time: 40 minutes

INGREDIENTS:

SAUCE INGREDIENTS

2 8-ounce cans tomato sauce

3 cups water

4 tablespoons cornstarch

3 tablespoons chili powder

½ teaspoon onion powder

¼ teaspoon garlic powder

salt to taste

CASSEROLE INGREDIENTS

4 cups mashed pinto beans

1 cup chopped scallions

1½ cups corn kernels, fresh or frozen

1 2.25-ounce can sliced ripe olives, drained

1-2 tablespoons chopped green chilies

10 whole wheat or 16 corn tortillas

OPTIONAL INGREDIENTS

guacamole

salsa

tomatoes

lettuce

diced onion

Bean & Corn Enchiladas

The vegetables in the filling are really just a suggestion. Use whatever you and your family like. Add rice and red bell peppers, or sautéed broccoli and mushrooms. The possibilities are endless. We usually have this with baked tortilla chips and guacamole and salsa.

From drmcDougall.com

<https://www.youtube.com/watch?v=IhOMYojHjR0>

By Heather McDougall

- 1 Place all ingredients for the sauce in a saucepan. Mix with a whisk until well combined. Cook and stir over medium heat until thickened, about 5 minutes. Taste and add more chili powder and salt, if desired. Set aside.
- 2 Preheat oven to 350°F.
- 3 To assemble casserole, place the beans in a large bowl. Add the scallions, corn, olives and green chilies. Mix gently until well combined.
- 4 Place 1½ cups of the sauce in the bottom of a large non-stick baking dish. Take 1 tortilla at a time and spread a line of the bean mixture down the center of the tortilla. Roll up and place seam side down in the baking dish. Repeat with remaining tortillas, placing them snugly next to each other.
- 5 Pour the rest of the sauce over the rolled up tortillas, spreading it out evenly. Cover with parchment paper, then cover with aluminum foil, crimping the edges over the baking dish.
- 6 Bake for 35 minutes.
- 7 Remove from oven and let rest for about 5 minutes before cutting. Serve with additional toppings, if desired.