



6-8 servings
Cook Time: 40 minutes

INGREDIENTS:

1 medium yellow onion, chopped (about 2 cups)

1 medium red bell pepper, chopped (about 1½ cups)

1 tablespoon finely chopped garlic (about 4 medium cloves)

2 teaspoons chili powder

1 teaspoon dried oregano

1 teaspoon dried basil

1 can (15 ounces) diced tomatoes (1½ cups), not drained

1 can (15 ounces) black beans (1½ cups), drained and rinsed

1 medium zucchini, sliced (about 2 cups)

1 cup raw, frozen, or canned corn (drained)

5 cups coarsely chopped greens (kale, collards, or Swiss chard)

4 (6-inch) corn tortillas, cut into 1-inch squares

2 (6-inch) corn tortillas, cut into 1-inch squares

Guacamole or diced avocado (optional)

Southwestern Enchilada Casserole

Filling and flavorful, this casserole is easier to make than enchiladas, since you don't need to roll the tortillas or make a separate sauce.

From straightupfood.com

<https://www.youtube.com/watch?v=cdJfXDYmx5Q>

By Cathy Fisher

- 1 Heat 1 tablespoon of water in a large frying pan or soup pot over medium-high heat. When the water starts to sputter, add the onion and bell pepper, and cook, stirring, for about 5 minutes. Reduce the heat to medium, and add the garlic, chili powder, oregano, and basil, and cook for 2 minutes more, adding a little water as needed to prevent sticking.
- 2 Stir in the diced tomatoes, beans, zucchini, corn, greens, and the 4 cut-up corn tortillas, then cover and cook for 5 minutes, stirring halfway through.
- 3 Preheat the oven to 375°F. Set aside a 9×13-inch casserole dish (you do not need to prepare it with any oil or parchment paper).
- 4 Place 1 cup of the cooked vegetables into a blender, and blend until smooth (add a little water if the mixture is too thick to blend). Stir this back into the cooked vegetables.
- 5 Spoon the mixture into the casserole dish, and scatter the remaining 2 cut-up corn tortillas on the top. Bake uncovered for 15 minutes. Set aside for 5 minutes before serving.
- 6 Variation: Most stores carry a standard chili powder, which is mild in flavor and what I have used in this recipe. If you like things on the hot-n-spicy side, feel free to use a hotter chili powder of your choice instead, or add ½ teaspoon of red pepper flakes or a few chopped jalapeños.