**ENCHILADA CASSEROLE**

**PREP TIME:** 10 minutes  
**COOK TIME:** 25 to 30 minutes  
**SERVES:** 8 servings (1 ½ cups per serving)

**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)

**STEPS:**
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. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

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

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**Nutrition Facts**

- **Calories:** 420
- **Total Fat:** 19g  
  - Saturated Fat: 7g  
  - Trans Fat: 0g  
  - Cholesterol: 35mg  
  - Sodium: 690mg  
  - Total Carbohydrate: 56g  
  - Dietary Fiber: 8g  
  - Total Sugars: 5g  
  - Includes Ounce Added Sugars: 0g  
  - Vitamin D: 0mcg  
  - Calcium: 318mg  
  - Iron: 15g  
  - Potassium: 742mg

*Percent Daily Values (PDV) are based on a 2000 calorie diet. PDVs may be higher or lower based on your calorie needs. The % Daily Value (DV) for essential nutrients in a serving of this food may not be 100% or in rounding. It is used for general nutrition advice.*

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