

Vegetable Enchilada Casserole

Want something filling but don't want to feel sorry for yourself afterward? Yeah, this is for you.

Print this recipe!

- Servings - 5 to 6
- Prep time - 15 minutes
- Cook time - 30 minutes

Ingredients

- 1 medium onion diced
- 1 medium zucchini grated
- 1 cup shredded carrots
- 1 can black beans rinsed
- 1 can diced tomatoes drained
- 1 1/2 cup frozen corn
- 12 corn tortillas cut into quarters
- 2 cups shredded cheddar or Mexican mix cheese
- 1 jar (12t o 16 ounces) enchilada sauce

Protocol

1. Preheat your oven to 400°F.
2. Sauté the carrots and onions with about a tablespoon of olive oil over medium heat for 5 minutes or until beginning to brown.
3. Toss in the rest of the veggies and heat for 3 to 5 minutes or until warm.
4. Spray a 9x13 inch baking dish with a non-stick spray.
5. Layer in order the following: tortillas, veggies, sauce, cheese, tortillas, veggies, sauce, and cheese.
6. Bake for 20 minutes or until cheese becomes nice and bubbly.
7. Let cool for 5 minutes.
8. Serve and enjoy!