



# Bean Enchilada Casserole

Recipe of the month: April

## Nutrition Facts

- Calories: 331
- Protein: 15 grams
- Carbs: 42 grams
- Fat: 12 grams
- Cholesterol: 30 milligrams
- Sodium: 787 milligrams

## Ingredients

- Non-stick cooking spray
- 1 can (10 oz) red enchilada sauce
- 1 package (12 oz) frozen corn
- 1 can (16 oz) refried beans (non-fat)
- 12 (6 inch) soft tortillas
- 1 can (15 oz) black beans, drained & rinsed
- 1 can (14.5 oz) petite diced tomatoes
- 2 c shredded sharp cheddar cheese

## Instructions

1. Preheat oven to 350°F.
2. Spray a 13x9 baking dish with non-stick cooking spray and spread half of the enchilada sauce at the bottom of the dish.
3. Cook corn in the microwave to package directions, using minimum cooking time.
4. Spread half of the refried beans on 6 tortillas. Place tortillas, bean-side up, over sauce in the dish, overlapping to fit.
5. Stir together the remaining enchilada sauce, corn, black beans, and tomatoes in a large bowl.
6. Spread half of the mixture over the tortillas in the dish. Sprinkle with 1c cheese. Repeating layering with remaining refried beans and tortillas, corn mixture, and cheese.
7. Bake for 35 minutes or until hot in the center and bubbly around the edges.

**Bon Appetit!**