

# VEGETABLE AND CHICKEN ENCHILADA CASSEROLE

## (with Vegan & Vegetarian Options)

Serves: 4-8

Total time: 1 1/2 hours

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### Ingredients

For the Casserole:

- 8-12 corn tortillas
- Enchilada sauce (recipe below)
- 1 small onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 jalapeno, seeded and finely chopped
- 1 small zucchini, chopped
- 1 can of black beans, drained and rinsed
- 1 cup frozen corn
- 3 cups fresh spinach, chopped
- 1-2 chicken breasts, cooked and shredded (omit for vegan and vegetarian)
- 1/2 cup chopped cilantro, divided
- 1 cup shredded pepper jack cheese (omit for vegan)

For the Enchilada Sauce:

- 1 tsp of olive oil
- 1/2 cup of finely chopped onion
- 2 cloves of garlic, crushed
- 1 (14 oz) can of tomato sauce
- 1 Tbsp of chili powder
- 1 tsp of cumin
- 1/2 cup of water

### Directions

1. Preheat the oven to 400 degrees. Brush a 9x13 casserole dish with olive oil.
2. For the sauce: In a small saucepan, warm 1 teaspoon of olive oil over medium heat. Saute onion for 5 minutes. Add garlic and saute for an additional 1 minute. Add remaining ingredients and simmer for 10 minutes. Set aside.
3. For the filling: In a large skillet, warm 1 tablespoon of olive oil over medium heat. Saute onion until softened. Add garlic and saute for an additional 1 minute. Then, saute the red pepper bell and jalapeno until softened. Next, add the zucchini and cook until softened. Add the black beans, corn, spinach, and chicken (if adding). Stir and cook until warmed through. Stir in 1/4 cup cilantro.
4. Pour 1/4 of the enchilada sauce at bottom of the casserole dish. Place a single layer of corn tortillas on the sauce (You may need to cut them in half). Layer with 1/2 of the filling, then 1/3 of the cheese, and another 1/4 of the enchilada sauce. Repeat with a layer of corn tortillas, remaining filling, 1/3 the cheese, and another 1/4 of the sauce. The final layer consists of the remaining tortillas, sauce, and cheese. Sprinkle with remaining cilantro.
5. Bake for 30 minutes. Let sit for 10-15 minutes before cutting and serving.

Note: To make it vegan, omit chicken and cheese. To make it vegetarian, omit the chicken. To make it meatier, add more chicken or ground beef. To make it less spicy, omit the jalapeno and decrease the chili powder in the sauce. To make it spicier, add more jalapeno.