

Enchilada Casserole

BY [CATHY FISHER](#) ON JANUARY 8, 2015

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Make: 1-9x13" Casserole

Ready In: 55 minutes

INGREDIENTS:

- 1 medium yellow onion, chopped (about 2 cups)
- 1 medium red bell pepper, chopped (about 1½ cups)
- 1 tablespoon freshly minced garlic (5 medium cloves)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 teaspoons chili powder
- 1 can (15 ounces) diced tomatoes (1½ cups), not drained
- 1 can (15 ounces) black beans (1½ cups), drained and rinsed
- 1 medium zucchini, diced (about 1½ cups)
- 1 cup raw, frozen, or canned corn (drained)
- 5 cups roughly chopped chard leaves (about 4 large leaves)
- 6 corn tortillas (6-inch) cut into 1-inch squares
- Guacamole or diced avocado (optional)



(I like to skip the tortillas, and serve this over polenta, quinoa, or brown rice instead)- Jen

Instructions:

1. Preheat the oven to 375°F. Chop or prepare all ingredients before starting. Place 2 tablespoons of water into a large skillet or soup pot on high heat. When the water begins to sputter, add the onion and bell pepper and sauté for 5 minutes.
2. Reduce the heat to medium, add the garlic, oregano, basil and chili powder, and sauté for 1-2 minutes more, adding water as needed to keep things moving.
3. Stir in the diced tomatoes, beans, zucchini, corn, chard, and 4 of the cut-up tortillas, and cook, covered, for 5 minutes more, stirring halfway through.
4. After the 5 minutes, place 1 cup of this mixture into a blender and blend until smooth, then add this sauce back into the pot and stir. Spoon into a 9 × 13-inch baking dish (you do not need to prepare the dish with any oil or parchment paper).
5. Scatter the pieces from the remaining 2 tortillas across the top, and bake uncovered for 15 minutes.
6. Remove from the oven and let stand for 5 minutes before serving. Serve topped with guacamole or diced avocado (if using).

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.