Enchilada Casserole
Makes 8 – 1 cup servings

Ingredients:
- 1 28 ounce can green enchilada sauce
- 1 15 ounce can of your favorite beans (pinto, black, kidney), drained
- 3 cups cooked brown rice
- 1 15 ounce can whole kernel corn, drained, or 1½ cups frozen corn
- 12 corn tortillas
- 3 cups grated cheese

Directions:
1. Preheat oven to 350 degrees.
2. In a large bowl, mix sauce, beans, rice, and corn.
3. Place half of mixture on bottom of pan*, or divide half the mixture between two pans*.
4. Place corn tortillas on top of the mixture.
5. Place remaining mixture on top of tortillas.
6. Top with cheese.
7. Cover with foil. Bake for 10 minutes. Remove cover and bake for 15-20 more minutes or until bubbly.
8. Cut large pan into 8 servings or smaller pans into 4 servings each.
9. Refrigerate leftovers.

*Use one 9x13 pan or two 9 inch square or round pans for 2 meals for 4 people, one to be frozen for a quick meal later. (Keeps up to a month in the freezer double wrapped in foil).

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension