

# Enchilada Casserole-Vegan - SOS

Prep Time: 25 minutes  
Cook Time: 25 minutes  
Total Time: 50 minutes

Serving Size: 6  
Calories per serving: 232  
Fat per serving: 2 grams

*www.StraightUpFood.com, by Cathy Fisher*

## Ingredients

- 1 medium yellow onion, chopped
- 1 medium red bell pepper, chopped
- 1 tablespoon freshly minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 teaspoons chili powder
- 1 1/2 cups fresh diced tomatoes
- 1 1/2 cups cooked black beans
- 1 medium zucchini, diced
- 1 cup raw, frozen, or canned organic corn, drained
- 5 cups roughly chopped chard leaves
- 3 organic corn tortillas (6-inch) cut into 1 inch squares (to blend)
- 2 organic corn tortillas (6-inch) cut into 1 inch squares (to garnish top)
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## Instructions

1. Preheat oven to 375. Chop and 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. Reduce heat to medium and add the garlic, oregano, basil and chili powder, and cook stirring for 1 to 2 minutes, adding water as needed to keep things moving.
2. Stir in the diced tomatoes, beans, zucchini, corn, chard, and the 3 cut up tortillas, and cook covered for 5 more minutes, stirring halfway through. After 5 minutes, place 1 cup of this mixture into a blender and blend until smooth. Add this sauce back into the pot and stir. Spoon into a 9-by-13-inch baking dish (you do not need to prepare the pan with any oil or parchment paper).
3. Scatter the remaining 2 cut-up tortillas across the top, and bake uncovered for 15 minutes.
4. Remove from the oven and let sit for 5 minutes before serving.

## Notes

Nutrition facts (per serving): Calories: 232, from fat: 4, total fat: 2g, cholesterol: 0mg, sodium: 128mg, total carbohydrate: 46g, fiber: 8g, sugar: 1g, protein: 8g.