



**6-8 servings**  
**Cook Time: 40 minutes**

**INGREDIENTS:**

1 medium yellow onion, chopped  
(about 2 cups)

1 medium red bell pepper,  
chopped (about 1½ cups)

1 tablespoon finely chopped  
garlic (about 4 medium cloves)

2 teaspoons chili powder

1 teaspoon dried oregano

1 teaspoon dried basil

1 can (15 ounces) diced  
tomatoes (1½ cups), not drained

1 can (15 ounces) black beans  
(1½ cups), drained and rinsed

1 medium zucchini, sliced (about  
2 cups)

1 cup raw, frozen, or canned  
corn (drained)

5 cups coarsely chopped greens  
(kale, collards, or Swiss chard)

4 (6-inch) corn tortillas, cut into  
1-inch squares

2 (6-inch) corn tortillas, cut into  
1-inch squares

Guacamole or diced avocado  
(optional)

## Southwestern Enchilada Casserole

Filling and flavorful, this casserole is easier to make than enchiladas, since you don't need to roll the tortillas or make a separate sauce.

From [straightupfood.com](http://straightupfood.com)

<https://www.youtube.com/watch?v=cdJfXDYmx5Q>

By Cathy Fisher

- 1 Heat 1 tablespoon of water in a large frying pan or soup pot over medium-high heat. When the water starts to sputter, add the onion and bell pepper, and cook, stirring, for about 5 minutes. Reduce the heat to medium, and add the garlic, chili powder, oregano, and basil, and cook for 2 minutes more, adding a little water as needed to prevent sticking.
- 2 Stir in the diced tomatoes, beans, zucchini, corn, greens, and the 4 cut-up corn tortillas, then cover and cook for 5 minutes, stirring halfway through.
- 3 Preheat the oven to 375°F. Set aside a 9×13-inch casserole dish (you do not need to prepare it with any oil or parchment paper).
- 4 Place 1 cup of the cooked vegetables into a blender, and blend until smooth (add a little water if the mixture is too thick to blend). Stir this back into the cooked vegetables.
- 5 Spoon the mixture into the casserole dish, and scatter the remaining 2 cut-up corn tortillas on the top. Bake uncovered for 15 minutes. Set aside for 5 minutes before serving.
- 6 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.