

DINNER

Enchilada Casserole

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.76	347 kcal

You can never have too many main course recipes, so give Enchilada Casserole a try. For \$1.76 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals. One serving contains 366 calories, 19g of protein, and 9g of fat. This recipe serves 6.

Ingredients

- ☐ 15 ounce black beans, rinsed and drained
canned
- ☐ 8½ ounce package corn muffin mix
- ☐ 10 ounce enchilada sauce
canned
- ☐ 1½ teaspoons thinly sliced fresh cilantro
- ☐ ¼ cup chopped green onions
- ☐ 6 tablespoons low-fat sour cream
- ☐ ½ cup salsa
- ☐ 11 ounce corn with red and green peppers,
drained
canned
- ☐ ½ cup egg substitute
- ☐ ¼ cup chopped fresh cilantro
- ☐ 3 tablespoons diced green chiles, divided
- ☐ 6 ounces 1/2 cups shredded reduced-fat
Mexican blend or cheddar cheese
- ☐ 2 tablespoons chopped bottled roasted red bell
peppers

EQUIPMENT Bowl, Slow cooker

Method

- 1

Place 2 tablespoons green chiles and next 6 ingredients (through enchilada sauce) in a 3 1/2-quart electric slow cooker; stir well. Cover with lid; cook on low-heat setting 4 hours.

- 2 Combine remaining 1 tablespoon green chiles, egg substitute, muffin mix, and roasted bell peppers in a bowl. Spoon batter evenly over bean mixture in slow cooker. Cover and cook 1 hour or until corn bread is done.
- 3 Sprinkle cheese over corn bread. Cover and cook 5 minutes or until cheese melts. Top each serving with sour cream; sprinkle with cilantro.

Nutrition per serving

	347 KCAL	18 g PROTEIN	9 g FAT	50 g CARBS
Saturated Fat				3.4 g · 21% of daily needs
Fibre				9.9 g · 40% of daily needs
Sugar				14.1 g · 16% of daily needs
Sodium				1,475 mg · 64% of daily needs
Cholesterol				11 mg · 4% of daily needs
Vitamin C				51.1 mg · 62% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/enchilada-casserole-147914