

Enchilada Casserole

4 SERVINGS, ABOUT 4 BY 4 INCHES EACH



Ingredients:

1/2 cup onion, chopped
1/2 cup green pepper, chopped
1/4 cup celery, chopped
1/4 cup water, boiling
1 cup chicken, cooked, diced
1 cup canned pinto beans, drained
1/2 cup no-salt-added tomato puree

Sauce:

1-1/2 cups tomato puree
3/4 cup water
1 Tbsp. chili powder
1/8 tsp. garlic powder
1/8 tsp. salt

Assembly:

8 corn tortillas
1/4 cup low-fat Monterey Jack cheese,
shredded

Directions:

1. Preheat oven to 350°F (moderate).
2. Cook onion, green pepper, and celery in boiling water until tender. Drain liquid if necessary.
3. Add chicken, beans, and 1/4 cup of tomato puree. Mix gently.
4. Mix all sauce ingredients together.
5. In an 8x8x2 inch baking pan, place four tortillas, one half of the filling mixture, and 1/4 of the sauce. Add remaining filling mixture and another 1/4 of the sauce. Cover with four tortillas and remaining sauce.
6. Sprinkle cheese over top.
7. Bake until cheese is melted and sauce is bubbly, about 30 minutes.

*Per Serving: 300 Calories; 3 grams Total fat; 378 mg Sodium
1 serving = 2 protein ounces, 2 grain ounces*