

Easy Enchilada Casserole



Makes:

10 servings, approximately 8 ounces (230g) each

Utensil:

Saladmaster Food Processor
12" Electric Oil Core Skillet

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Recipe:

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Recipe Description:

This vegan/vegetarian recipe is delicious, healthy and easy to prepare. What else can you ask for? Use your Saladmaster Electric Skillet to impress your guests with this enchilada casserole that is ready to eat in only 30 minutes!

1 onion, strung, use Cone #2
1 zucchini, strung, use Cone #2
19 ounces
enchilada sauce
(565
mL)
12 corn tortillas
14 ounces
black beans, canned, drained
(400
g)
4 ounces
diced green chilies, canned
(115
g)
1 carrot, shredded, use Cone #1
4 ounces
diced olives, canned (optional)
(115
g)
12 ounces
Smart Ground vegetable protein crumbles (optional)
(340

- g) 5 ounces
vegan cheddar cheese, strung, use Cone #2 (optional)
(142
g) ½ bunch
cilantro, finely chopped

Directions:

1. Layer onion, zucchini, half of enchilada sauce and 4 corn tortillas in bottom of electric skillet.
2. Layer black beans, diced green chilies, carrot and 4 more corn tortillas.
3. Layer with Smart Ground crumbles, diced olives and remaining corn tortillas. Top with remaining enchilada sauce and vegan cheese.
4. Cover and set temperature to 300°F/150°C and timer to 30 minutes.
5. When Vapo-Valve™ clicks steadily, reduce temperature to 200°F/95°C for remaining cooking time.
6. Serve hot, topped with fresh cilantro.

Tips:

- When selecting vegan cheddar cheese, check ingredients to make sure casein is not included.

Nutritional Information per

▼ Serving

Calories: 238
Total Fat: 7g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 840mg
Total 35g
Carbs:
Dietary Fiber: 9g
Sugar: 2g
Protein: 12g