

## 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