

Vegan Enchilada Casserole

Here is a delicious recipe for Vegan Enchiladas that is simple to make, because the ingredients mostly come prepared.

It's easiest if there are two people when it comes time to layer the ingredients; one person is heating the tortillas in oil, while the other adds the layers of ingredients.

You can add more spices, like cumin and chili powder, if you like it hot. This is the mild version.

Ingredients

- Red Enchilada Sauce - Mild - 28 oz can
- Diced Green Chiles - Mild - 7 oz can
- Black Beans - drained and rinsed - 15 oz can
- Corn - Mexican style - 11 oz can
- Petite cut tomatoes with diced onion & garlic - 14.5 oz can
- Frozen Riced Cauliflower package - 10 oz
- Ben's Original Ready Rice - Lime Cilantro - 8.8 oz
- Dairy Free Shredded Cheddar Cheese - Follow Your Heart - 7 oz
- Corn Tortilla - Super Size - 10 count - 10.84 oz package
- Canola Oil
- Onion - 1 medium - chopped
- Bell Pepper - any color - chopped
- Paper Towels
- 9 X 3 Glass casserole or cake dish

Preparation

1. **Chop onion and bell pepper** and saute together in a small amount of oil until translucent. When done, pour into a bowl.
2. **Open all canned** ingredients. Shake the enchilada sauce before opening. Drain and rinse the beans. Drain the corn, drain most of the extra juice from tomatoes, then pour these into separate bowls. Place a spoon in the other open cans.
3. **Microwave** the Cilantro Rice and the Riced Cauliflower so they are ready when it's their turn to dump into the casserole. Follow directions on the packages for proper heating.
4. Heat oil in a medium fry pan. Use enough oil so the tortilla is covered. The corn tortillas must be softened before they are baked in the casserole. Frying them gently in a little oil both softens the tortillas and also greatly enhances their flavor. Place the cooked tortillas stacked on a plate with a paper towel in between them to absorb the oil.
5. Now it's time to layer the Enchilada Casserole. Start with cooked **tortillas** lining the bottom of the dish. You can break them in pieces if necessary to fill the gaps. Pour spoonfuls of **enchilada sauce** over the tortillas, then layer with the bag of **riced cauliflower**. Top that with about **half** of each other ingredients; **onion & bell pepper, beans, corn, green chiles, tomatoes** and then sprinkle with 1/3rd package **cheese**. Spoon some more **enchilada sauce** on top.
6. Now, repeat step 5, but use the packet **rice** instead of cauliflower rice. You have 10 tortillas; put 4 on the bottom, then 3 on the next layer. There are two layers of ingredients. Top with the final 3 tortillas, more cheese, and pour the rest of the enchilada sauce all over the top. Run a fork along the edges so the sauce can drain down inside.
7. **Bake at 350 degrees for 45 minutes**, uncovered. Let cool and set for 15 minutes before serving.