

Enchilada Casserole

The inclusion of tempeh adds a good measure of protein to this spicy enchilada casserole. You can replace the Cheddar cheese with Monterey Jack if you like. Serve with sour cream and salsa!

Recipe by [Luke Chambers](#) | Created on **Jan 10, 2022**

Ingredients

- 1 (15 ounce) can black beans, rinsed and drained
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 (4 ounce) can diced green chile peppers
- 1 jalapeno pepper, seeded and minced
- 1 (8 ounce) package tempeh, crumbled
- 6 (6 inch) corn tortillas
- 1 (19 ounce) can enchilada sauce
- 1 (6 ounce) can sliced black olives
- 8 ounces shredded Cheddar cheese

Directions

- Preheat oven to 350 degrees (175 degrees C). Lightly oil a 9x13 inch baking dish.
- In a medium bowl, combine the beans, garlic, onion, chile peppers, jalapeno pepper, and tempeh. Pour enchilada sauce into a shallow bowl.
- Dip three tortillas in the enchilada sauce, and place them in the prepared baking dish. Be sure to cover the bottom of the dish as completely as possible. Place 1/2 of the bean mixture on top of the tortillas, and repeat. Drizzle the remaining sauce over the casserole, and sprinkle with olives and shredded cheese.
- Cover, and bake for 30 minutes. Uncover, and continue baking for an additional 15 minutes, or until the casserole is bubbling and the cheese is melted.

Nutrition Facts

Serving: **8 servings** | Calories: **375.2 kcal** | Carbohydrates: **24.9 g** | Protein: **17.4 g** | Saturated fat: **11.5 g** | Cholesterol: **54 mg** | Sodium: **709.2 mg** | Fiber: **5.7 g** | Sugar: **1.4 g**

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