

Joanne's Enchilada Casserole

Ingredients:

2 ½ cups tomato sauce
1 ¼ cups salsa
4 tsp chilli powder
3 tsp ground cumin
1 tsp dried oregano
2 cups chopped cooked chicken
2 cups cooked brown rice
1 can black beans, drained and rinsed
¾ cup diced carrots
¾ cup diced red pepper
½ cup chopped green onions
2 tbsp lime juice
12 small flour tortillas
1 ½ cups shredded reduced fat old cheddar cheese

Directions:

Combine tomato sauce, salsa, 2 tsp chilli powder, 2 tsp cumin and oregano in a medium saucepan. Bring to a boil. Reduce heat to low and simmer covered for 5 minutes.

Combine chicken, rice, beans, carrots, red pepper, onions, lime juice, 2 tsp (remaining) chilli powder and 1 tsp (remaining) cumin. Mix well.

Grease 9 x 12 inch baking dish. Assemble casserole as follows:

- Spread 1 cup sauce over bottom of baking dish
- Arrange 6 tortillas over bottom, overlapping as necessary
- Spoon another 1 cup of sauce over tortillas and spread evenly
- Top with 1/2 of the chicken/bean mixture and 1/2 cheese
- Arrange remaining tortillas over cheese
- Top with another 1 cup sauce
- Top with remaining chicken/bean mixture
- Sprinkle remaining cheese
- Spoon any remaining sauce over the top

Cover with foil and bake at 350F for 35 to 40 minutes until bubbly and heated through. Let stand 5 minutes before serving. Enjoy!

Serve with a tossed green salad.