

# Mexican Tortilla Casserole (Vegan Enchilada Lasagna)

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/skinny-mom-skinny-mexican-tortilla-casserole-recipe>

## Ingredients:

- 2 teaspoons olive oil
- 1 red onion minced
- 1 garlic clove minced
- 1 red bell pepper diced
- 1 green bell pepper diced
- 1 teaspoon cumin
- 1 teaspoon red pepper powder or chili powder
- 14 ounces black beans drained & rinsed
- 2/3 can sweet corn 190g drained & rinsed
- 1 1/2 cups tomato sauce 360ml or enchilada sauce
- 2/3 teaspoon salt or to taste
- 6 corn tortillas 8/9-inch, 20/22cm
- 1/3 cup vegan mayonnaise or aioli, sour cream
- 1 chipotle pepper in adobo sauce or sub chili sauce
- 1 1/2 cups non dairy cheese 170g
- guacamole for topping

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 40 milligrams
4. Fat: 18 grams
5. Fiber: 14 grams
6. Protein: 16 grams
7. SaturatedFat: 8 grams
8. Sodium: 1410 milligrams

9. Sugar: 14 grams

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