

# Black Bean Sweet Potato Enchilada Casserole

Web Recipe · Dinner · GF

380 cal · 21g protein · 56g carbs · 9g fat · 8 servings

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## Ingredients

- 2 cans (15 oz each) black beans drained and rinsed
  - 2 large sweet potatoes peeled and cubed small
  - 1 can (15 oz) fire-roasted diced tomatoes
  - 2 cups red enchilada sauce
  - 12 small corn tortillas halved
  - 1 cup frozen corn kernels
  - 1 cup cooked quinoa
  - 1/3 cup nutritional yeast
  - 1 large yellow onion diced
  - 3 cloves garlic minced
  - 1 tsp cumin
  - 1 tsp chili powder
  - 1/2 tsp smoked paprika
  - 1 tbsp olive oil
  - 1 avocado sliced for topping
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## Instructions

1. Preheat oven to 375°F (190°C). Sauté onion and garlic in olive oil.
  2. Microwave cubed sweet potatoes for 5 minutes to soften.
  3. In a large bowl, mix black beans, sweet potatoes, fire-roasted tomatoes, corn, cooked quinoa, nutritional yeast, cumin, chili powder, and smoked paprika.
  4. Spread 1/3 of the enchilada sauce in the bottom of a 9x13 baking dish. Layer with halved corn tortillas, then half the bean mixture.
  5. Repeat layers: sauce, tortillas, remaining bean mixture. Top with remaining sauce and a sprinkle of nutritional yeast.
  6. Cover with foil and bake 30 minutes. Uncover and bake 10 more minutes.
  7. Top with sliced avocado and cilantro before serving.
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