

# Stacked Enchiladas

## Servings: 4

6 Corn Tortillas

5 Ounces Refried Beans

7 Ounces Black Beans, Cooked

6 Ounces Corn

8 Ounces Vegan Crumbles/ground

12 Ounces Red Enchilada Sauce

Cook crumbles according to package instructions in a skillet.

spray an 8"x8" pan. Cut tortillas in half. Lay down around 2 to cover the bottom.

Mix half the red enchilada sauce with the refried beans, corn, black beans and vegan crumbles or ground.

Spread half of the mixture over the refried beans. Pour half the remaining enchilada sauce on top.

Lay down around 2 corn tortillas

Spread the remaining mixture over the tortillas. Top with remaining tortillas. Pour the remaining enchilada sauce on top.

Bake at 350 degrees for around 30 minutes until cooked throughout.

*veganized DoD recipe L-334-00*

*1/4 c dry black beans makes 3.66*

*oz cooked & 1/3 cup dry makes*

*4.95 oz so try 1/2 cup dry*

*14.5 oz can corn only has 9.5 oz of actual corn*

*If doing Fiesta stacked with vegan chorizo, then use 8 oz refried beans and just mix refried beans and chorizo and dont need to cook the vegan chorizo.*

---

Per Serving (excluding unknown items): 218 Calories; 2g Fat (7.2% calories from fat); 9g Protein; 42g Carbohydrate; 9g Dietary Fiber; 28mg Cholesterol; 641mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fat; 0 Other Carbohydrates.