


# One-Pan Veggie Enchilada Casserole




Everest

Vegetarian-friendly, meal-prep ready! This One-Pan Veggie Enchilada Casserole is a quick, easy, satisfying dinner featuring roasted veggies, melty cheese, hearty beans, and bold spices. You can enjoy minimal cleanup with this one-pan meal deal, making it perfect for weekdays when there never seems to be enough time.



PREP TIME

15 mins




SERVINGS

6 people

COOK TIME

30 mins



CALORIES

310 kcal

TOTAL TIME

45 mins

## INGREDIENTS

- 1 tbsp olive oil
- 1 small red onion chopped
- 1 large bell pepper (any color) chopped
- 1 zucchini diced
- 1 cup corn kernels (fresh or frozen)
- 1 can black beans drained
- 1 tsp cumin ground
- 1 tsp paprika smoked
- 1/2 tsp chili powder
- 1 pinch salt/pepper (to taste)
- 1 1/2 cups enchilada sauce (store bought or homemade)
- 6 corn tortillas cut into bite-size squares
- 1 1/2 cup Mexican cheese blend shredded
- 1 avocado (optional)

- 1 bunch cilantro (optional)
- lime wedges (optional)
- sour cream (optional)

## INSTRUCTIONS

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1. **Preheat oven** to 375°F (190°C).
2. **Sauté vegetables:** In an oven-safe skillet or pan, heat olive oil over medium heat. Add onion, bell pepper, and zucchini. Cook for 5–6 minutes until softened. Stir in corn and black beans.
3. **Season:** Sprinkle in cumin, paprika, chili powder, salt, and pepper. Stir to coat evenly.
4. **Assemble casserole:** Turn off the heat. Stir in enchilada sauce and tortilla pieces. Mix everything together right in the skillet.
5. **Add cheese:** Sprinkle shredded cheese evenly over the top.
6. **Bake:** Place the skillet in the oven and bake for 20–25 minutes, or until cheese is bubbly and golden.
7. **Serve:** Garnish with your favorite toppings like avocado slices, fresh cilantro, or a squeeze of lime.

## NOTES

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### Nutrition Facts (Per Serving about 1½ cups)

- Calories: ~310
- Protein: 12g
- Fiber: 9g
- Carbohydrates: 36g
- Total Fat: 14g
- Saturated Fat: 5g
- Sodium: 590mg
- Cholesterol: 18mg

*(Nutrition facts are approximate and based on standard ingredients.)*

