

# Stacked Enchiladas

Servings: 5

veganized DoD recipe L-334-00

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**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. Spread the refried beans on top.

Mix half the red enchilada sauce with the 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.

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*Per Serving (excluding unknown items): 174 Calories; 1g Fat (7.2% calories from fat); 7g Protein; 33g Carbohydrate; 8g Dietary Fiber; 22mg Cholesterol; 513mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.*