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## What's Cooking!

### Enchilada Casserole

#### Ingredients

- 1 (28 ounce) can green enchilada sauce
- 1 (15 ounce) can pinto or black beans, drained and rinsed
- 3 cups cooked brown rice\*
- 1 (15 ounce) can whole kernel corn, drained OR 1 ½ cups frozen corn
- 12 (6 inch) corn tortillas
- 10 ounces Monterey Jack or Cheddar cheese, shredded (2 ½ cups shredded)

Makes: 8 servings (1½ cups per serving)

Preparation Time: 10 minutes

Cooking Time: 25 to 30 minutes

#### Instructions

1. Preheat oven to 350°F.
2. Drain and rinse the beans and corn (if using canned corn).
3. Collect and measure all ingredients before starting to prepare the recipe.
4. In a large bowl, mix enchilada sauce, beans, cooked rice, and corn.
5. Place half the mixture on the bottom of a 9 inch x 13 inch pan or split it between two 9 inch square or round pans.\*\*
6. Spread the corn tortillas evenly over the mixture. Place remaining mixture on top of tortillas.
7. Top mixture with cheese, and cover with foil. Bake for 15 to 20 minutes.
8. Remove foil, and bake for 10 more minutes or until cheese is melted and sauce is bubbly.
9. Serve hot.
10. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Add leftover cooked meat and/or vegetables to the casserole layers.

\* Cook rice according to package directions. The package will indicate how much uncooked rice is needed to make 3 cups of cooked rice.

\*\* If you made two pans, you can freeze one of them before baking. Double-wrap in foil, and it will keep for up to 1 month in the freezer.

Nutrition Facts	
8 servings per container	
Serving size	1 1/2 Cups (434g)
Amount Per Serving	
<b>Calories</b>	<b>420</b>
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 690mg	30%
Total Carbohydrate 56g	20%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 0mcg	0%
Calcium 318mg	25%
Iron 3mg	15%
Potassium 740mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Resource: [Eating Smart Be Active](#)

- Corn is loaded with fiber and very tasty!



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## What's Cooking!

### 3 Can Chili

#### Ingredients

- 1 (15 ounce) can pinto, kidney, red, or black beans, not drained
- 1 (15 ounce) can whole kernel corn, drained OR 1 ½ cups frozen corn
- 1 (15 ounce) can crushed tomatoes, not drained
- Chili powder to taste
- Hot sauce (optional)

Makes: 4 servings (1½ cups per serving)

Preparation Time: 3 minutes

Cooking Time: 5 minutes

#### Instructions

1. Collect all the ingredients.
2. Pour the beans with liquid, drained corn, and tomatoes with liquid into a large pot over medium heat. Add a small amount of chili powder, and stir to mix.
3. Continue to stir over medium heat until it reaches a simmer and is thoroughly heated.
4. Taste to determine if you want to add more chili powder.
5. Serve hot (with hot sauce if desired).
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

#### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 1/2 Cups (320g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 960mg	<b>42%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 91mg	<b>8%</b>
Iron 4mg	<b>20%</b>
Potassium 758mg	<b>15%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Be creative!** Try adding garlic powder; chopped, cooked meat; chopped onion; and/or chopped green or red bell pepper in step #3 of the recipe.

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## What's Cooking!

### Cowboy Cavier

#### Ingredients

- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can corn, drained and rinsed
- 1 (4 ounce) can chopped green chiles, not drained
- 1 (15 ounce) can crushed or diced tomatoes, not drained
- ½ medium onion, minced
- 3 limes, juiced (optional)
- 1 tablespoon vegetable oil
- Salt to taste
- Black pepper to taste
- Hot sauce (optional)

Makes: 16 servings (½ cup per serving)

Preparation Time: 10 minutes

#### Nutrition Facts

16 servings per container

**Serving size** 1/2 Cup (137g)

**Amount Per Serving**

**Calories** **80**

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 250mg **11%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 4g **14%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 4g **8%**

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 1mg **6%**

Potassium 192mg **4%**

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#### Instruction

1. In a large bowl, mix enchilada sauce, beans, cooked rice, and corn. Before starting to prepare the recipe:
  - a. Open, drain, and rinse beans and corn.
  - b. Open chiles and tomatoes, but do not drain.
  - c. Mince and measure the remaining ingredients.
  - d. Wash and juice the limes into a small bowl (if using).
2. Mix kidney beans, black beans, corn, chiles, tomatoes, and minced onion in a large bowl.
3. Add lime juice (if using) and oil to the bean mixture, and stir gently to combine.
4. Taste. Add a small amount of salt and black pepper if desired.
5. Serve as a dip with *Baked Tortilla Chips* from the *Eating Smart • Being Active Let's Cook!* cookbook and/or raw vegetables.
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Substitute any kind of beans you have. Make it spicier by adding chopped jalapenos or hot sauce.

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## What's Cooking!

### 3 Can Chili

#### Ingredients

- 1 (15 ounce) can pinto, kidney, red, or black beans, not drained
- 1 (15 ounce) can whole kernel corn, drained OR 1 ½ cups frozen corn
- 1 (15 ounce) can crushed tomatoes, not drained
- Chili powder to taste
- Hot sauce (optional)

Makes: 4 servings (1½ cups per serving)

Preparation Time: 3 minutes

Cooking Time: 5 minutes

#### Instructions

1. Collect all the ingredients.
2. Pour the beans with liquid, drained corn, and tomatoes with liquid into a large pot over medium heat. Add a small amount of chili powder, and stir to mix.
3. Continue to stir over medium heat until it reaches a simmer and is thoroughly heated.
4. Taste to determine if you want to add more chili powder.
5. Serve hot (with hot sauce if desired).
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