

Chicken Enchilada Casserole

Pan: 23 × 23 cm (or similar)

Yield: 4 servings



Ingredients

- 450 g cooked chicken (pulled or chopped)
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp mild chili powder
- ¼ tsp salt
- Juice of ½ lime
- 300 ml enchilada sauce (see recipe below)
- 160 g corn tortillas (4 medium), cut into quarters
- 240 g canned black beans, rinsed and drained
- 180 g shredded cheese (cheddar, gouda, or pizza cheese blend)
- 40 g tortilla chips (optional crunch layer)

Instructions

1. Preheat oven to **180°C**.
2. In a bowl, mix **chicken** with **cumin, garlic powder, chili powder, salt,** and **lime juice**.
3. Spread **60 ml enchilada sauce** in the bottom of a lightly oiled baking dish.
4. Arrange **half the tortilla pieces** in one layer.
5. Top with **half the chicken, half the beans,** and **60 g cheese**.
6. Scatter tortilla **chips** lightly over the layer.
7. Add **120 ml enchilada sauce,** remaining **chicken** and **beans,** and **60 g cheese**.
8. Finish with remaining **tortillas,** remaining **sauce,** and remaining **cheese**.
9. Cover with foil and **bake 25 minutes**.
10. Uncover and **bake 10 minutes** until lightly browned.
11. Rest 10 minutes before slicing.

Nutrition – Casserole Only

Per serving (¼ dish): Kcal: 520 | Protein: 38 g | Fat: 22 g | Sat. Fat: 9 g | Carbs: 44 g | Sugars: 5 g | Fiber: 8 g | Sodium: ~620 mg | Omega-3: 0.2 g

Combined Nutrition (Casserole + Sauce)

Per serving: Kcal: 565 | Protein: 38 g | Fat: 23 g | Sat. Fat: 9 g | Carbs: 47 g | Sugars: 6 g | Fiber: 8 g | Sodium: ~750 mg

Homemade Enchilada Sauce

(Reduced Sodium)

Yield: 300 ml

Ingredients

- 15 g dry spice-flour blend (see below)
- 15 ml olive oil
- 25 g tomato paste
- 300 ml vegetable broth (½-strength per Stock Strength protocol)
- 2 tsp apple cider vinegar
- Black pepper, to taste

Dry Mix (15 g total)

- 7 g all-purpose flour
- 1½ tsp chili powder
- ¾ tsp ground cumin
- ½ tsp garlic powder
- ¼ tsp oregano
- Pinch cinnamon
- ¼ tsp cocoa powder
- ⅛ tsp salt

Instructions

1. Heat **oil** over **medium heat**.
2. Whisk in **dry mix** and **cook 30 seconds**.
3. Whisk in **tomato paste**.
4. Slowly add **broth**, whisking constantly.
5. **Simmer 5–7 minutes** until slightly thickened.
6. Stir in **vinegar** and **black pepper**. Adjust salt only if needed.

Nutrition – Enchilada Sauce

Per 300 ml batch: Kcal: 180 | Fat: 13 g | Carbs: 18 g | Protein: 3 g | Sodium: ~520 mg

