

Chicken, Black Bean & Vegetable Enchilada Casserole

チキン・ブラックビーン・野菜のエンチラーダキャセロール

Serves 4 (excellent leftovers)

22 × 22 × 5 cm Le Creuset baking dish



Ingredients

Protein

- 250 g air-fried chicken breast, diced 鶏むね肉
- 200 g firm tofu, well drained and crumbled 木綿豆腐
- 2 (425 g) cans S&W Black Beans, drained and rinsed ブラックビーンズ

Vegetables

- 1 medium zucchini (about 200 g), diced ズッキーニ
- 1 large red bell pepper (about 180 g), diced 赤パプリカ
- 1 medium yellow onion (about 150 g), diced 玉ねぎ
- 150 g frozen corn, thawed コーン
- 3 cloves garlic, minced にんにく

Seasonings

- 1 T canola oil キャノーラ油
- 2 tsp ground cumin クミン
- 2 tsp chili powder チリパウダー
- 1 tsp smoked paprika スモークパプリカ
- ½ tsp dried oregano オレガノ
- ¼ tsp black pepper 黒こしょう
- ½ tsp salt (adjust to taste) 塩
- ¼ tsp MSG (optional) うま味調味料

Sauce

- 400 ml homemade low-sodium enchilada sauce 自家製エンチラーダソース
- 3–4 T Old El Paso Chunky Salsa サルサ

Cheese

- 180 g Aeon Mixed Melting Cheese ミックスチーズ
- Optional: 30 g sharp Cheddar, grated チェダーチーズ

Tortillas

- 8 small corn tortillas (approximately 15 cm), thawed コーントルティーヤ

Garnishes

- Chopped parsley パセリ
- Sliced scallions 青ねぎ
- Diced avocado アボカド
- Greek yogurt or reduced-fat sour cream ギリシャヨーグルト
- Lime wedges ライム

Instructions

1. Cook the chicken breasts in the air fryer at **190°C** for **10–12 minutes**, turning once halfway through, until the internal temperature reaches **74°C**. Cool completely and dice into bite-size pieces.
2. Heat the **canola oil** in a large skillet over **medium heat**.

- Cook the **onion** and **bell pepper** for about **5 minutes** until softened.
 - Add the **zucchini** and continue cooking for **another 3–4 minutes**.
 - Stir in the **garlic, cumin, chili powder, smoked paprika, oregano, black pepper, salt, and MSG** (if using). Cook for **about 1 minute** until fragrant.
3. Reduce the heat to **low**. Add the **black beans, crumbled tofu, corn, diced chicken**, approximately **200 ml of the enchilada sauce**, and the **Old El Paso salsa**. Stir gently until everything is evenly coated and heated through.
 4. Remove from the heat. Fold in **90 g of the mixed cheese**. This creates a cohesive filling that slices beautifully after baking.
 5. Lightly grease the baking dish and then spread a thin layer of enchilada sauce over the bottom.
 6. Arrange two tortillas over the sauce, trimming slightly if necessary to fit.
 - Spread $\frac{1}{3}$ of the filling evenly over the tortillas.
 - Spoon over a little enchilada sauce.
 - Repeat the layers twice more.
 - Finish with the final tortillas.
 - Spread the remaining enchilada sauce evenly over the top.
 - Sprinkle with the **remaining 90 g cheese (plus the Cheddar if using)**.
 7. Preheat the oven to **180°C**. Bake uncovered for **30–35 minutes**, until the casserole is bubbling around the edges and the cheese is melted and lightly browned.
 8. Allow the casserole to **rest for 10–15 minutes** before cutting. This resting period greatly improves clean slices.
 9. Top each serving with chopped **parsley** or **scallions**. Offer **diced avocado, Greek yogurt, and lime wedges** at the table.
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Make-Ahead Notes

- The filling may be prepared one day ahead and refrigerated.
 - The entire casserole may be assembled several hours ahead and baked just before dinner.
 - Leftovers refrigerate well for up to three days.
 - Individual portions reheat beautifully in the microwave or in a 170°C oven.
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Suggested Side Dishes

Excellent with:

- Mexican Coleslaw
 - Chilled Tomato Soup
 - Gazpacho
 - Watermelon
 - Fresh Corn on the Cob
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Notes

- Combining chicken and tofu produces a filling that is exceptionally moist while substantially increasing the protein content.
- Using two cans of S&W Black Beans creates a creamier, richer filling than combining black and pinto beans.

- Old El Paso Chunky Salsa replaces harder-to-find fresh chiles while contributing tomato, onion, and mild heat.
 - Layering complete filling mixtures rather than separate ingredients gives every bite a balanced combination of beans, vegetables, protein, sauce, and cheese.
 - Frozen corn tortillas work perfectly. Thaw completely before assembling to prevent cracking.
 - This casserole freezes well after baking. Cool completely, wrap tightly, and freeze individual portions for convenient future meals.
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Nutrition

Per Serving (1 of 4)

Kcal total: ~540 kcal | Protein: ~41 g | Fat: ~19 g | Sat Fat: ~7 g | Carbs: ~50 g
| Sugars: ~9 g | Fiber: ~12 g | Sodium: ~670 mg | Omega-3: ~0.4 g