

Southwestern Roasted Potato, Black Bean & Edamame Enchilada Bake

ローストポテトとブラックビーンズ、枝豆のエンチラーダ・キャセロール

Vegetarian

Servings: 6

Baking Dish: 24 × 20 × 4 cm Emile Henry baking dish



Ingredients

Potatoes

- 450 g potatoes (じゃがいも) , peeled and cut into 2 cm cubes
- 1 T canola oil (キャノーラ油)
- ½ tsp salt
- Freshly ground black pepper

Vegetable Filling

- 1 (400 g) can black beans (ブラックビーンズ) , drained and rinsed
- 100–120 g frozen shelled edamame (枝豆)
- 100 g frozen corn (コーン)
- 1 medium red bell pepper (赤パプリカ) , diced (1 cm)
- 1 medium onion (玉ねぎ) , diced (1 cm)
- 2 cloves garlic (にんにく) , finely minced
- 1 T olive oil

Quick Enchilada Sauce

- 1 T canola oil
- 1 T all-purpose flour (薄力粉)
- 1 T chili powder
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp dried oregano
- ½ tsp garlic powder
- ¼ tsp onion powder
- 1 tsp unsweetened cocoa powder
- 300 ml tomato passata (トマトパッサータ)
- 250 ml vegetable stock
- 1 tsp soy sauce
- Salt and black pepper to taste

Assembly

- 6 medium flour tortillas (フラワートルティーヤ)
- 120–150 g grated cheddar or Japanese pizza cheese blend (チーズ)

Garnishes

- ¼ C fresh cilantro (パクチー) , roughly chopped
- Greek yogurt (ギリシャヨーグルト)
- Lime wedges (ライム)

- 1 avocado (アボカド) , sliced (optional)
 - Crushed tortilla chips (optional)
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Preparation

Roast the Potatoes

1. Preheat oven to **200°C**.
 2. Toss the potato cubes with:
 - **canola oil**
 - **salt**
 - **pepper**
 3. Spread in a single layer on a baking tray.
 4. Roast **25–30 minutes**, turning once halfway through. The potatoes should be lightly browned and almost fully cooked. Set aside.
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Prepare the Enchilada Sauce

1. Heat canola oil in a saucepan over **medium heat**. Stir in the flour. Cook **1 minute**.
 2. Add:
 - **1T chili powder**
 - **1 tsp smoked paprika**
 - **1 tsp cumin**
 - **½ tsp oregano**
 - **½ tsp garlic powder**
 - **½ tsp dried oregano**
 - **½ tsp garlic powder**
 - **¼ tsp onion powder**
 - **1 tsp cocoa powder**
 - Cook **30 seconds** until fragrant.
 3. Gradually whisk in:
 - **300 ml tomato passata**
 - **250 ml vegetable stock** Stir in:
 - **1 tsp soy sauce**
 4. Simmer **10–12 minutes**, stirring occasionally. Season with salt and pepper. The sauce should lightly coat the back of a spoon.
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Prepare the Filling

1. Heat **olive oil** in a large skillet. Add **onion**. Cook **4–5 minutes** until softened.
 2. Add **garlic**. Cook **30 seconds**.
 4. Stir in:
 - **black beans**
 - **frozen edamame**
 - **frozen corn**
 - **diced bell pepper**
 - Cook **3–4 minutes**.
 5. Add approximately ⅓ of the **enchilada sauce**. Mix gently. Remove from heat.
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Assemble the Casserole

1. Lightly grease the baking dish.
 2. Spread a thin layer of enchilada sauce over the bottom.
 3. Arrange two tortillas to cover the base, trimming if necessary.
 4. Add ½ of:
 - roasted **potatoes**
 - **vegetable filling**
 5. Sprinkle with about **50 g cheese**.
 6. Spoon over another layer of sauce.
 7. Repeat the layers.
 8. Finish with:
 - remaining tortillas
 - remaining enchilada sauce
 - remaining cheese
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Bake

Bake at **180°C** for **30–35 minutes**.

The cheese should be melted and lightly browned. Allow the casserole to rest **10–15 minutes** before serving.

Serve

Top each serving with:

- chopped **cilantro**
- a spoonful of **Greek yogurt**
- **lime wedges**

Optional:

- sliced **avocado**
 - crushed **tortilla chips** for added crunch
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Freezing

Cool completely. Portion into individual containers.

Freeze up to **3 months**.

Thaw overnight in the refrigerator.

Reheat covered at **170°C** or microwave until heated through.

Chef's Notes

Roasting the potatoes separately creates a firmer texture and prevents the casserole from becoming watery.

Frozen edamame increases the protein content while adding bright color and a pleasant bite.

The small amount of cocoa powder does not make the sauce taste like chocolate—it simply deepens the chili flavors.

Greek yogurt provides the creamy contrast of sour cream with a lighter nutritional profile.

Fresh cilantro and lime should always be added after baking to preserve their bright flavor.

Variations

Extra Vegetables

Add:

- zucchini, diced
 - mushrooms, sliced
 - spinach (stir in just before assembly)
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Different Beans

Replace part of the black beans with:

- pinto beans
 - kidney beans
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Spicier Version

Add:

- diced jalapeño
 - chipotle powder
 - cayenne pepper
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Serving Suggestions

Serve with:

- simple green salad
- tomato and cucumber salad
- cabbage slaw
- grilled corn
- fresh fruit

Excellent for:

- weeknight dinners
 - meal prep
 - potlucks
 - freezer meals
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Cross-Reference Collections

- Weight Control
 - Vegetarian
 - Mexican / Southwestern
 - Casseroles
 - Meal Prep
 - Freezer Friendly
 - High Protein
 - High Fiber
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Nutrition (Approximate)

Per Serving (6 servings)

Kcal: 455 | Protein: 18 g | Fat: 14 g | Sat Fat: 5 g | Carbs: 67 g | Sugars: 8 g |
Fiber: 13 g | Sodium: 620 mg | Omega-3: 0.3 g

Whole Recipe

Kcal: 2,730 | Protein: 108 g | Fat: 84 g | Sat Fat: 30 g | Carbs: 402 g | Sugars:
48 g | Fiber: 78 g | Sodium: 3,720 mg | Omega-3: 1.8 g

Recipe Notes

Roasted potatoes replace boiled ones for better flavor and texture, edamame adds protein while fitting naturally into a Japanese kitchen, and the quick homemade enchilada sauce eliminates the need for imported products. The result is a colorful, satisfying vegetarian main course that's substantial enough to stand on its own, freezes beautifully.