



Easy BBQ Enchilada Casserole

6 servings
25 minutes

Ingredients

15 ozs Roasted Red Peppers (Frozen)
14 ozs Pinto Beans
10 ozs Chickpea Rice
4 ozs Vegan Cheese Shreds
12 Corn Tortilla (Low Carb)
4 ozs Bbq Sauce (Low sugar - I used
Primal Kitchen)

Nutrition

Amount per serving	
Calories	467
Fat	8g
Carbs	80g
Fiber	16g
Sugar	8g
Protein	20g
Cholesterol	0mg
Sodium	537mg
Vitamin A	945IU
Vitamin C	22mg
Calcium	438mg
Iron	7mg

Directions

- 1 Preheat oven to 400 F.
- 2 Cook the frozen peppers in a large frying pan according to package directions.
- 3 Meanwhile, cook the chickpea rice according to package directions.
- 4 Combine the cooked chickpea rice with the frozen peppers in the same frying pan. Mix in the pinto beans and the BBQ sauce. Cook for 2-4 more minutes in the frying pan.
- 5 Layer 4-6 tortillas on the bottom of a medium casserole dish. Spray with avocado oil. Spoon the rice mixture on top and sprinkle shredded cheese on top of that. Add one more layer of tortillas and cheese. Bake in the oven for 15-20 minutes. Slice into 6 and serve.