

# EASY ENCHILADA BAKE

## Enchilada Sauce

3– 15 oz Cans of Tomato Sauce  
2 Tbsp. Chili Powder  
1 Tbsp. Garlic Powder  
1 Tbsp. Paprika  
1 Tbsp. Onion Powder  
2 Tbsp. Cumin, Ground  
2 oz. Water

## Casserole

### Build in a 12in. x 9in. Baking Dish

2 Cans- Black Beans (Drained & Rinsed)  
2 Cans- Pinto Beans (Drained)  
4 Cups of Cooked and Cooled Brown Rice  
18- 6-inch Corn Tortillas

Spread a small amount of sauce on the bottom of the baking dish and lay out 6 tortillas, top with cooked rice, beans and sauce. Top with another 6 tortillas and repeat the process until you have two layers of rice, beans and sauce and three layers of tortillas. Utilize remaining sauce to adequately coat the top layer of tortillas. Wrap in parchment paper and foil and bake at 350 degrees until the internal temperature reaches 165 degrees. Optionally sprinkle with chopped cilantro or green onions. Serve with your favorite salsa!

*\*Serves 6-8.*

## LINKS TO GABRIEL MILLER'S ORIGINAL RECIPE THAT THIS WAS BASED ON:

<https://www.plantbasedgabriel.com/post/plant-based-enchilada-bake-vegan-oil-free>

<https://www.plantbasedgabriel.com/post/easy-enchilada-sauce-vegan-oil-free>