

Recipe



Enchilada Strata By Chef AJ

Instead of rolling each enchilada individually, you can make this, delicious, hearty colorful casserole in less time than it takes to make individual enchiladas.

Yield: 6-8 Servings | Total Time: 1hr 20min

Directions

Sauce: Place the onion, garlic and liquid in a pot and cook 8-10 minutes until soft. Stir in tomato and spices and cook on low heat for 15 minutes. Add the arrowroot powder to a small amount of cold water and dissolve, then add to sauce and stir until thickened.

Filling: Peel sweet potatoes and boil or steam until soft. Process in a food processor fitted with the “S” blade until smooth and creamy. Place into a large bowl and stir in the salsa, corn, beans and kale. Mix well. I recommend using food service gloves so that everything gets fully incorporated.

Assembly: Preheat oven to 350° F. Cover the bottom of a large baking dish with half of the enchilada sauce. A lasagna pan (10"x14" or 11"x15") is recommended. Place 6 tortillas on top of the enchilada sauce and then gently and evenly place the sweet potato mixture on top of the tortillas. Top with the remaining 6 tortillas. Pour the remaining sauce over the tortillas and sprinkle sliced olives, if using, over the top. Bake for 30 minutes. Sprinkle with scallions. and serve.

Source: drmcDougall.com/recipes/enchilada-strata

Ingredients

Sauce:

- 1 Red onion, chopped
- 2 Cloves Garlic, crushed
- 28 Ounce Can Salt free tomatoes, fire roasted preferred
- 2 Tbsp Chili powder
- 1 Tsp Cumin
- 3 Tbsp Arrowroot powder
- 1 ½ Cups Water

Filling:

- 4 Cups Salt-free salsa
- 2 1/2 Pounds Sweet potatoes, mashed
- 1 Pound Bag Frozen roasted corn, defrosted
- 4 Ounce Can Mild green chiles
- 2 15 Ounce Cans Salt-free black beans, rinsed and drained (or 3 cups of cooked beans)
- 2 16 Ounce Bags Frozen kale, defrosted with all of the liquid squeezed out.
- 12 Corn tortillas

Topping: sliced olives and scallions (optional)