Black Bean and Sweetcorn Enchilada Squares

4 layered tortilla squares · Active 20 min · Total 55 min

Skills: Easy

Ingredients

- 1 teaspoon olive oil (5 ml)
- 1 small onion, finely chopped (100 g)
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 can crushed tomatoes (14 oz/400 g)
- 1/4 cup water (60 ml)
- 1/2 teaspoon fine salt
- 1 can black beans (15 oz/425 g), drained and rinsed
- 1 cup frozen sweetcorn (150 g)
- 6 small corn tortillas, about 6 inches across
- 1 cup grated cheddar (100 g)

Set out

Conventional oven, Saucepan, 8-by-8-inch baking dish, Broad spatula, Food thermometer

Allergens

Milk. Check labels and substitutions.

Make it

1. Heat the oven to 400°F/200°C. Warm oil in the saucepan and cook onion for 5 minutes. Stir in garlic, cumin and paprika for 30 seconds.

2. Add tomatoes, water and salt and simmer for 8 minutes. Mix beans and corn in a separate bowl.

3. Spread a thin layer of sauce in the baking dish. Add two tortillas, tearing to fit, then half the bean mixture, one-third of the cheese and another layer of sauce.

4. Repeat with two tortillas, remaining beans, another third of cheese and sauce. Finish with the last two tortillas, remaining sauce and remaining cheese.

5. Bake for 25–30 minutes until bubbling and the center reaches 165°F/74°C. Rest for 10 minutes, then cut into four squares.

A complete reheating portion

Pack a square in a shallow microwave-safe container with enough space to turn it if necessary. Carry cold with two cold sources, refrigerate at work and reheat evenly, checking the center rather than only the bubbling edges.

A useful detail

Corn tortillas are more flexible when briefly warmed. If they crack while being arranged, tear them into flat pieces; cracks are not a problem in a layered bake.

Keep it well

Refrigerate portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days, or freeze for up to 2 months. Reheat covered to 165°F/74°C, adding a teaspoon of water if edges look dry.