

30-MINUTE
Meal Solutions

Black Bean Enchilada

Serves 4-6

Shopping List:

- 15 oz. can black beans
- Frontera Green Chili Enchilada Sauce
- 6" stone ground corn tortillas (8-10 ct)
- 8 oz. shredded cheddar cheese
- 1 medium onion
- 1 medium red pepper
- 2 Tbs. oil
- 1 tsp. chili powder
- ½ tsp. dried ground cumin
- Optional toppings: Greek yogurt, cilantro, avocado, lime, jalapeno (see tips/hints)

Prep:

Preheat oven to 400°F. Thinly slice onion and pepper. Drain, but do not rinse black beans. Roughly chop cilantro (if using), and set aside. Divide cheese in half, and set aside.

Cook:

Place oil in a skillet over medium-low heat. Add spices and allow to cook for 30 seconds, stirring frequently. Add onion and peppers, cook for 2-3 minutes, then add black beans and cook for an additional 2-3 minutes. Add a few tablespoons of water or chicken stock if mixture is too thick or begins to stick to the pan. Remove from heat and reserve.

Stack tortillas on a microwave-safe plate, cover with a wet paper towel, and heat on high for about a minute (tortillas should be warm and pliable).

Prepare a 9 x 13 inch baking dish by spreading half of the Frontera sauce in the bottom.

Starting with one tortilla, add layer of cheese and top with the black bean mixture. Roll the tortilla, and place seam-side-down in the baking dish. Use only half the cheese during this step.

Repeat with the remaining tortillas, until dish is full. Top with remaining sauce and cheese. Bake for 10 minutes, or until the sauce bubbles around the edges.

Serve:

Top with a dollop of plain Greek yogurt, chopped cilantro, and a squeeze of lime.

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

- Other great taco and enchilada fillings include: Mushrooms, poblano peppers, and carrots. Experiment! See if you can use mysterious leftovers to make delicious Mexican-inspired dishes.
- Want to add heat? Use a pinch of dried red pepper flakes and ¼ tsp. of dried cayenne pepper in addition to the other spices.
- Get fancy with toppings! Place yogurt and cilantro in a food processor along with the juice of 1 lime, 2-3 garlic cloves, and a seeded jalapeno (optional). Pulse until blended. This sauce keeps in the fridge for up to one week.
- Not up to creating your own toppings? I love Jehshua's Chimichuri on top of carrot and black beans. Bonus—it's a local product!



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