

BLACK BEAN ENCHILADAS

Yield: 24 Servings



TOTAL TIME: 1 hour 15 minutes

INGREDIENTS

- ¼ cup pure olive oil
- ¼ cup all-purpose flour
- 3 Tbsp. Mexican-style chili powder
- ½ tsp. ground cumin
- 2 Tbsp. Better Than Bouillon Vegetarian, no chicken base
- 2 garlic cloves, minced
- 1 quart water
- 1 can (15 oz.) tomato sauce
- 2 cans (15.5 oz. each) black beans, rinsed and drained, divided
- 1 container (16 oz.) Caribbean black bean soup (prepared foods)
- 1 pkg. (16 oz.) + 1 pkg. (8 oz.) shredded Mexican cheese, divided
- 2 pkgs. (10 oz. each) white corn tortillas
- 1 bunch green onions, trimmed, sliced thinly

PREPARATION

Preheat oven to 350 degrees.

1. Make sauce: Add oil to stockpot on medium; add garlic. Cook, stirring, 1–2 min. Add flour, chili powder and cumin; stir to combine. Cook, stirring, 1–2 min. Add bouillon, water and tomato sauce. Bring to a boil on medium-high, stirring continuously. Cook 1–2 min., until sauce is slightly thickened. Set aside.
2. Make filling: Mash 1 can beans in mixing bowl. Add second can of beans, soup and 16 oz. cheese. Mix to combine. Set aside.
3. Prepare tortillas: Heat skillet on medium-high. Place 1 tortilla in dry pan; cook a few seconds on each side, until warm and pliable. Transfer to clean plate. Repeat with remaining tortillas, stacking them to retain heat.
4. Spread about ¼ cup of sauce on bottom of each casserole dish. Spread ¼ cup filling down each tortilla center. Roll one long edge towards middle to enclose filling; keep rolling into cigar shape. Set aside.
5. Arrange enchiladas in 2 rows of 6 in each casserole dish.
6. Pour remaining sauce over enchiladas. Sprinkle half of remaining 8 oz. pkg. cheese over each; top with green onion.
7. Bake uncovered 25–30 min., until sauce is bubbling. Rest 5–10 min. before serving.

NUTRITION

Per serving: Calories: 205; Fat: 12 g (6 g saturated fat); Cholesterol: 25 mg; Carbohydrates: 24 g; Protein: 11 g; Sodium: 691 mg.

Recipe courtesy of Wegmans