

# Skillet Enchiladas

## Instructions

1. Heat a large skillet (cast iron, dutch oven, or any pot with sides) over medium heat with olive oil. Add the chopped onion and sauté for about 5 minutes. Add the chopped bell pepper and garlic and cook for 2-3 minutes. Stir every minute or so. Add the chili powder, cumin, oregano, salt, and pepper, and stir to mix.
2. Add the tomato sauce, tomato paste, maple syrup, water, and corn. Reduce the heat to low, cover, and cook for 10 minutes, stirring occasionally.
3. Stack the tortillas and cut them into strips. After everything in the skillet has been cooking for about 10 minutes, remove the lid and top with tortilla strips.
4. If you'd like to add cheese, sprinkle it on top, then cover the skillet and let it melt for 3-4 minutes.
5. Add any additional toppings you prefer. You can also add ground turkey or chicken for more protein.

## Ingredients

- 1 tablespoon of olive oil
- 1 onion
- 1 large bell pepper
- 2-3 cloves of garlic
- 1 small bag of frozen corn (about 12 oz)
- 2 cans of black beans
- 1 can of tomato sauce (14 oz)
- 3 tablespoons of tomato paste
- 2 tablespoons of chili powder
- 1 tablespoon of cumin
- 2 teaspoons of oregano
- 2 teaspoons of real maple syrup
- Salt and pepper
- 1 cup of water
- 5-6 medium-size corn or wheat tortillas
- Optional toppings: Greek yogurt, sour cream, shredded cheese, avocado, jalapeño, cilantro, lime, or salsa

## Grocery List

### Produce

- Onion
- Bell pepper
- Garlic

### Pantry Items

- Olive oil
- Chili powder
- Cumin
- Oregano
- Salt and pepper
- Maple syrup
- Tortillas

### Canned Goods

- Tomato sauce
- Tomato paste
- Black beans

### Frozen

- Corn

### Optional Toppings

- Greek yogurt or sour cream
- Shredded cheese
- Avocado
- Jalapeño
- Cilantro
- Lime
- Salsa