Black Bean and Butternut Squash Enchiladas

Instructions

1. Preheat the oven to 400 degrees.
2. Add ¼ cup of enchilada sauce to the bottom of a large baking dish.
3. Add the olive oil to a large skillet and place on medium-high heat. Add onions and garlic and cook for 2 minutes.
4. Add the cubed butternut squash (or sweet potatoes), Rotel tomatoes, black beans, water, cilantro, cumin, chili powder, salt, and pepper. Cover and cook over medium-low heat, stirring occasionally, until squash is tender (about 25-30 minutes).
5. Place about ⅓ cup of the vegetable mixture in the center of each tortilla and roll, then place them seam side down in the baking dish. Repeat with the remaining filling.
6. Top with enchilada sauce and sprinkle with cheese, then cover with foil and bake until the enchiladas are heated through and the cheese is melted (about 10 minutes).
7. Serve with green onions, sour cream, salsa, or avocado, and enjoy!

Ingredients

- 1½ cup enchilada sauce (red or green—I prefer green in this recipe)
- 1 tbsp olive oil
- 1 small onion, diced
- 3 cloves of garlic, minced
- 2 ½ cups peeled butternut squash, diced into ½ inch cubes (sweet potatoes work great, too!)
- 1 can (10 oz) Rotel tomatoes with green chilies
- 1 ½ cups reduced-sodium black beans, rinsed and drained
- ¼ cup water (may need a little more)
- ¼ cup cilantro, chopped
- 1 tsp cumin
- ½ tsp chili powder
- Salt and pepper to taste
- 8 medium whole wheat flour tortillas
- ½ cup shredded Mexican cheese
- Green onions (optional)
- Sour cream (optional)
- Salsa (optional)
- Avocado (optional)

Grocery List

Produce

- o 1 onion
- o 1 bulb of garlic
- o Butternut squash or sweet potatoes
- o 1 bunch of cilantro
- o Green onions (optional)
- o Avocado (optional)

Canned Goods/Grocery

- o Red or green enchilada sauce
- o Olive oil
- o Rotel tomatoes with green chilies
- o Black beans
- o 1 pack (8 count) whole wheat tortillas
- o Salsa (optional)

Spices

- o Cumin
- o Chili powder
- o Salt and pepper

Dairy

- o Shredded Mexican cheese
- o Sour cream (optional)