

# Black Bean and Butternut Squash Enchiladas (Vegetarian)

## Cooking Instructions

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

## Recipe

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

## Grocery List (add optional toppings to list as desired)

### Produce

- 3 cloves garlic
- 1 onion
- 1 bunch cilantro
- Butternut squash or sweet potatoes (2 ½ cups cut)
- Green onions (optional)

### Canned Goods/Grocery

- Black beans
- Rotel tomatoes with green chilies
- 1 8-pack whole wheat tortillas
- Olive oil

### Spices

- Cumin
- Chili powder
- Salt and pepper

### Dairy

- Mexican cheese
- Sour cream (optional)