

Black Bean and Butternut Squash Enchiladas (vegetarian)

Cooking Instructions

1. Preheat oven to 400 degrees.
2. Place ¼ 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, cook for 2 minutes.
4. Add cubed butternut (or sweet potatoes), rotel tomatoes, black beans, water, cilantro, cumin & chili powder and season with salt and pepper. Cover over medium-low heat, stirring occasionally until squash is tender (about 25-30 min)
5. Place about 1/3 cup in the center of each tortilla and roll, place seam down in backing dish. Repeat with remaining filling.
6. Top with enchilada sauce and a little cheese, back with foil until hot and cheese is melted (about 10 minutes)
7. Serve with green onions, sour cream, salsa, or avocado and enjoy!

Recipe

- 1 ½ cup enchilada sauce (Red or green- I prefer green in this recipe)
- 1 Tsp olive oil
- 2 ½ cups peeled butternut squash, cut 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
- 1 ½ cups reduced sodium black beans, rinsed and drained
- ¼ cup cilantro
- 1 tsp cumin
- ½ tsp chili powder
- ¼ cup water (may need a little more)
- 8 medium whole wheat flour tortillas
- ½ cup 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)

