

Vegetarian Enchiladas

Cooking Instructions

1. Preheat oven to 400 degrees
2. Saute onions, bell pepper, and garlic for about 5 minutes.
3. Add all spices, salt, and pepper
4. Transfer to a bowl and cool slightly
5. Add beans, diced tomatoes, spinach, diced chilies, and ½ cup cheese to the bowl (add any veggies you like!)
6. Grease 9X13 baking dish and spread ¼ cup sauce on the bottom of the pan
7. Fill tortillas with filling and place seam side down on pan. Top with remaining sauce and cheese.
8. Bake 20-25 minutes

Recipe

- 1 tablespoons olive oil
- 1 white onion diced
- 3 garlic cloves minced
- 1 red bell pepper stem, seeds, and white parts removed, and diced
- 2-3 cups chopped spinach
- 2 tablespoons chili powder
- 1 tablespoon cumin
- ½ teaspoon cayenne pepper
- 1 teaspoon black pepper
- ½ teaspoon salt
- 2 15.5 ounce cans black beans, rinsed
- 1 14.5 ounce can diced tomatoes
- 1 28 oz can of enchilada sauce
- 1 4 oz can diced chilies
- 1-1/2 cups low fat Mexican cheese
- 8-10 whole wheat tortillas
- Optional Toppings – salasa, sour cream/plain yogurt, hot sauce, lime, diced avocado, or diced green onions

Grocery List (add optional ingredients as desired)

Produce

- 1 red pepper
- 1 white onion
- 1 clove garlic
- 1 bag spinach
- Avocado or lime (optional)

Dairy

- 1 bag shredded Mexican cheese
- Sour cream or yogurt (optional)

Canned Goods

- 1 14 oz can diced tomatoes
- 1 28 oz can enchilada sauce
- 2 15oz cans black beans
- 1 4 oz can green chilies
- 1 package wheat tortillas
- Salsa (optional)

Spices

- salt
- pepper
- chili powder
- cumin
- cayenne pepper