

One Pan Enchilada Dinner

Cooking Instructions

1. Heat a large skillet (cast iron, dutch oven, or any pot with sides) over medium heat with olive oil. Add chopped onion and sauté about 5 minutes. Add chopped bell pepper and garlic and cook about 2-3 minutes. Stir every minute or so. Add chili powder, cumin, oregano, salt, and pepper and stir to mix.
2. Add tomato sauce, tomato paste, maple syrup, water, and corn. Reduce heat to low, cover, and cook for 10 minutes, stirring occasionally.
3. Stack tortillas and cut into strips. After pot has been cooking for 10 minutes, remove lid and top with tortilla strips. Sprinkle cheese on top. Cover and let cheese melt for 3-4 minutes. You may need to turn off heat.
4. Top with any toppings you choose. Makes great leftovers! You can add ground turkey or chicken for more protein if desired.

Recipe

- 1 tablespoon olive oil
- 1 onion
- 1 large bell pepper any color
- 2-3 cloves garlic
- 1 small bag frozen corn (about 12 oz)
- 2 cans black beans
- 1 14 oz can tomato sauce
- 3 tablespoons tomato paste
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 2 teaspoons oregano
- 2 teaspoons maple syrup (real maple flavor, butter flavored with not taste good!)
- Salt
- Pepper
- 1 cup water
- 5-6 medium size corn or wheat tortillas
- Optional toppings: Avocado, greek yogurt, jalapeno, cilantro, lime, or salsa

Grocery List (add optional toppings to list as desired)

Produce

- 1 onion
- 1 large bell pepper
- Garlic

Pantry Items

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

Canned Goods

- 1 can tomato sauce
- Tomato paste
- 2 cans no salt added black beans

Frozen

- 1 bag frozen corn

Optional

- Lime
- Avocado
- Cilantro
- Jalapeno
- Salsa
- Greek yogurt or sour cream