



Black Bean & Cheese Enchilada

1. Heat oven to 350°F. Lightly spray 11x7-inch (2-quart) baking dish with cooking spray.
2. Chop Onions and rinse and drain beans.
3. Heat oil in 10-inch skillet over medium heat. Add onions and cumin; cook and stir until onion is tender and then stir in beans.
4. Lay out tortillas in a row.
5. Place about 3 tablespoons bean mixture center of each tortilla and top with 1/4 cup of cheese
6. Roll up tightly; place, seam side down, in baking dish.
7. Spoon enchilada sauce over tortillas.
8. Spray sheet of foil with cooking spray; cover baking dish with foil, sprayed side down.
9. Bake 30 to 35 minutes or until thoroughly heated. Sprinkle with Cheddar cheese.

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Ingredients List

- 1 teaspoon vegetable oil
- 1 medium onion
- 1 teaspoon ground cumin
- 1 can (15 oz) black beans
- 1 package flour tortillas for burritos (8 tortillas; 8 inch)
- 2 cups (8 oz) shredded Monterey Jack cheese (can sub any shredded cheese)
- 1 can (10 oz) enchilada sauce
- 1/2 cup (2oz) shredded Cheddar cheese (can sub any shredded cheese)
- Sour Cream and Salsa for topping (optional)

