

Black Bean & Vegetable Enchilada



Prep: 30 minutes

Cook: 20 minutes

Yield: 4-6 servings

Chef Suzanne Landry

- 2 tablespoons olive oil
- 2 teaspoons garlic minced
- 1 small onion diced (about 1 cup)
- 1 green pepper diced (about 1 cup)
- 1/2 jalapeño pepper minced (or 1/2 teaspoon chili powder)
- 1 carrot minced (about 1/2 cup)
- 1 small green zucchini diced (about 1 cup)
- 1 teaspoon dried cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1 1/2 cups precooked black beans
- 1/2 cup cilantro chopped
- 2 1/2 cups enchilada sauce
- 6-8 flour or corn tortillas
- 1 cup cheddar cheese shredded (dairy, rice, or almond cheese)



1. Pre-heat oven to 350°.
2. In a large frying pan, sauté onion in oil on medium heat for 2 minutes. Add garlic and sauté another minute. Add green and red peppers, jalapeño, carrot, and zucchini, cover and simmer on low for 5-8 minutes or until vegetables are tender. Add cumin, oregano, and salt.
3. Add black beans, cilantro and 1/2 cup enchilada sauce to vegetable mixture. Cover again and simmer for another 3-5 minutes.
4. Spray oil in a small frying pan, place tortilla in it and cover. Heat on low for 1-2 minutes, just long enough to soften the tortilla. This will prevent the tortilla from breaking when rolling it. Place on cutting board, fill with bean mixture and add some shredded cheese if you wish. Wrap enchilada style (cigar shape).
5. In a 9" x 13" oven-proof dish, layer 1 1/2 cups of the enchilada sauce on the bottom of the pan. Place tortillas close together on top of sauce with the open end down into the sauce. Continue making them until all the filling is used. Pour the remaining sauce between and on top of each tortilla. Sprinkle with remaining cheese.
6. Bake covered 20 minutes. Cheese will melt as it is heated through.

Chef's Notes: To make Black Bean Quesadillas, follow directions up to step 2 omitting enchilada sauce. Place corn or flour tortilla in frying pan that has been coated with a little oil. Place 2-3 tablespoons of bean mixture on top of tortilla. Spread evenly and sprinkle with cheese. Place another tortilla on top. Cover fry pan and cook on medium heat for 2-3 minutes, flip and repeat on the other side. Remove, and slice into quarters and serve immediately. Add salsa for flavor.