

Vegetable Enchiladas

Makes 6 servings

Ingredients:

- 1 (15-ounce) can black beans, rinsed
- 1 tablespoon canola oil
- 1 onion, minced
- 1 red or yellow bell pepper, stemmed, seeded, and finely chopped
- 1 zucchini (8 ounces), chopped small
- 3 garlic cloves, minced
- 2 cups chopped spinach
- 2 1/2 cups enchilada sauce (*recipe below*)
- 1 cup shredded Monterey Jack cheese (or finely crumbled queso fresco or feta- about 4 ounces)
- 1/2 cup minced fresh cilantro
- 1/4 cup drained, canned chopped green chiles
- Salt and pepper
- 12 (6-inch) corn tortillas
- Vegetable oil spray
- 1 cup shredded cheddar cheese (about 4 ounces)
- Lime wedges (for serving)

Directions:

1. Adjust an oven rack to the middle position and heat oven to 350 degrees. Mash half of the beans in a bowl with a fork until mostly smooth.
2. Heat the oil in a 12-inch skilled over medium heat until shimmering. Add the onion and bell pepper and cook until softened and lightly browned, 5 to 7 minutes. Stir in the zucchini and cook until just tender, 3 to 5 minutes. Stir in the garlic and cook until fragrant, about 30 seconds. Stir in the mashed beans and remaining whole beans and cook until warm, about 2 minutes.
3. Transfer the mixture to a large bowl and stir in 1/2 cup of the enchilada sauce, the Monterey Jack (or queso fresco or feta) cheese, cilantro, and green chiles. Season with salt and pepper to taste and cover to keep warm while heating the tortillas.
4. Lightly coat both sides of the tortillas with vegetable oil spray. Place 6 tortillas onto a baking sheet and bake until the tortillas are soft and pliable, 2 to 4 minutes.
5. Working quickly while the tortillas are warm and pliable, place 1/3 cup of the vegetable mixture evenly down the center of each tortilla. Tightly roll each tortilla around the filling and lay them, seam-side down, in a 13 by 9-inch baking dish sprayed with cooking spray. Repeat with the remaining tortillas and increase the oven temperature to 450 degrees.
6. Pour 1 cup more sauce over the enchiladas, spreading it evenly, then sprinkle the cheddar down the center of each enchilada. Cover the baking dish with aluminum foil and bake until the enchiladas are heated through, about 10 minutes. Remove the foil and continue to bake until the cheese is melted, about 5 minutes longer. Serve, passing the remaining 1 cup sauce and lime wedges separately.

Homemade Enchilada Sauce

Makes about 2 1/2 cups

Ingredients:

- 1 teaspoon canola oil
- 1 onion, minced
- 3 garlic cloves, minced
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons sugar
- 2 (8-ounce) cans tomato sauce
- 1/2 cup water
- Salt and pepper

Directions:

Heat the oil in a medium saucepan over medium-high heat until shimmering. Add the onion and cook until softened, about 5 minutes. Stir in the garlic, chili powder, cumin, and sugar and cook until fragrant, about 30 seconds. Stir in the tomato sauce and water, bring to a simmer, and cook until slightly thickened, about 5 minutes. Season with salt and pepper to taste.

Recipe slightly adapted from [The America's Test Kitchen Healthy Family Cookbook](#)

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