

NCFC'S KIDS CLUB MEAL KIT: BLACK BEAN ENCHILADAS



NELSON
community food centre

BLACK BEAN ENCHILADAS



INGREDIENTS:

- 2 cups enchilada sauce
- 2 tbsp oil
- 1 small red onion, chopped
- 1 pepper, chopped
- 1 bunch of broccoli, chopped
- 1 tsp cumin
- 1/4 tsp cinnamon
- 5 cups baby spinach
- 1 can black beans, rinsed
- 1 cup shredded cheese
- Salt to taste
- 8 tortillas

INSTRUCTIONS:

- Preheat oven to 400, lightly grease a 13 by 9-inch pan with oil
- Warm olive oil in a large skillet over medium heat, add onions and a pinch of salt, cook until translucent (5-7 min)
- Add broccoli bell pepper and another pinch of salt, stir and reduce heat to low, cover pan for 8 min, or until vegetables are bright in colour
- Add cumin and cinnamon and cook for 30 seconds, add spinach a few handfuls at a time, stirring until it reduces in size
- Transfer veggies to mixing bowl, add black beans and cheese as well as two tbsp of the enchilada sauce
- Spread 1/4 cup of enchilada sauce in the bottom of the greased pan
- Assemble the enchiladas: spread 1/2 cup of filling mixture down the middle of a tortilla then role the tortilla up into a tube and place seam side down into the pan, repeat with the rest of the filling
- Drizzle remaining sauce over the enchiladas, and sprinkle the remaining cheese evenly over the enchiladas
- Bake, uncovered for 20 min, if you want your cheese more golden, broil for 2-4 min
- Remove from oven, let rest for 10 min, and enjoy!