

# Oven-Baked Black Bean Enchiladas

Time: 40 minutes ; Servings: 4

## Ingredients

### Enchilada Filling

- 1 tablespoon extra-virgin olive oil
- 2 cloves of garlic, minced
- 1 large green bell pepper, diced
- 1 small onion, diced
- 1 (15oz) can black beans, drained and rinsed
- 1 cup of corn (frozen or canned [rinsed and drained])
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/4 teaspoon dried oregano

### Other Ingredients

- 1 cups shredded Mexican-blend cheese
- 8 flour or corn\* tortillas (8-inch)
- 2 cups of enchilada sauce (1 (15oz) can of enchilada sauce, or see homemade recipe below)

## Directions

1. Preheat oven to 350F.
2. Heat extra virgin olive oil in a large pan over medium-high heat. Add garlic and cook for 30 seconds. Then add the onions and bell peppers, and cook for 5 minutes, stirring occasionally, until softened and translucent.
3. Add black beans, corn, salt, cumin and oregano. Mix thoroughly and cook for 3 minutes.
4. Add 1/4 cup enchilada sauce and evenly coat the black bean mixture. Taste and add more salt if necessary. Turn off heat and set aside.
5. Pour 1/4 cup of enchilada sauce into a 9x13 inch baking dish. Coat the bottom of the dish with sauce.
6. Assemble the enchiladas: Scoop a heaping 1/4 cup of mixture into the middle of tortilla, sprinkle with cheese and roll the tortillas into a cylinder, folding the ends in as you go. Place the rolled tortillas in the baking dish, seam-side down.
7. Pour remaining 1 1/2 cups enchilada sauce over the tortillas, top with remaining 1/2 cup shredded cheese, and bake for 15 minutes, until cheese is melted.

Enjoy with optional toppings as you prefer (sour cream, lime, cilantro).

*\*Traditionally, enchiladas are made with corn tortillas. If you choose corn, they require heating on the pan with oil to become flexible prior to filling/rolling, otherwise they might break. Look [here](#) for more instructions.*

*Black bean enchiladas recipe was adapted from <https://www.isabeleats.com/black-bean-enchiladas/>*

**Nutrition Tip:** You can serve as a main dish with rice and beans, or add veggies on the side.



# Red Enchilada Sauce

Makes about 2 cups of sauce  
Vegetarian, vegan. Common allergies: none

## Ingredients

- 2 tablespoons of extra virgin olive oil
- 2 tablespoons of all-purpose flour
- 1/4 cup chili powder
- 1/4 teaspoons ground cumin
- 1/2 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 (15oz) can tomato sauce
- 2 cups (16oz) water
- 1/4 tsp salt

## Directions

1. In a small pot, heat olive oil over low-medium heat.
2. Add flour slowly while mixing continuously for 1 minute. If you don't keep your eye on it, it may start to burn!
3. Add chili powder, ground cumin, garlic powder, and onion powder and mix thoroughly.
4. Slowly add in tomato sauce and water, mixing thoroughly until completely smooth.
5. Bring to a simmer, remove from heat. Add salt to taste and ready for use.

Can be stored in an airtight jar in the fridge for up to 1 week, or stored in the freezer for up to 3 months.

*For more recipe ideas, visit [uhs.berkeley.edu/recipes](https://uhs.berkeley.edu/recipes)*