

## BLACK BEAN AND CORN ENCHILADAS

### INGREDIENTS

- 1 tbsp Olive oil
- 1 Green bell pepper
- 2 cups Whole kernel corn
- 3 Garlic Cloves
- 1 can Black beans (or 15 oz dry)
- 1 Tomato, diced
- 1 Red onion
- 1 cup Shredded Mexican Cheese
- 8 Medium-sized Tortillas
- ¼ cup Hot sauce
- 1 cup Salsa
- 1 tbsp Chili Powder
- 1 tsp Ground Cumin
- 4 tbsp Cilantro, Chopped
- 1 tbsp Green Onions/Scallions
- ¼ cup Vegetable Broth

### DIRECTIONS

1. Preheat oven to 350°F.
2. Sauté red onion, green bell pepper, and garlic in olive oil in a pan over medium heat for 8 minutes, or until onions are clear and peppers are soft.
3. Add black beans (can or fully cooked), tomatoes, corn, hot sauce, chili powder, ground cumin, and vegetable broth to your pan. Bring to a boil and then simmer for 5 minutes.
4. Add 1 cup of the cheese and chopped cilantro. Cook for 5 minutes, or until cheese has melted. Turn off heat.
5. Lightly grease a 9 x 13 in pan and spoon 1/3 cup of salsa to bottom of pan
6. Warm tortillas in microwave according to package directions. Spoon ½ cup of the beans and corn on across diameter of tortilla and roll. Place tortillas seam side down in pan
7. Cover with remaining salsa and sprinkle with cheese and green onions. Bake, uncovered for 20 minutes or until bubbling.

