

Beef and Black Bean Enchiladas



Serves 6

1 pound ground beef	1t cumin
2 garlic cloves, minced	4 green onions, sliced
24oz salsa	6 whole wheat tortilla
1 ~ 16oz can black beans, do not drain	9oz Monterey Jack cheese, shredded
1 large red bell pepper, diced	

Preheat oven to 350. Cook ground beef and garlic in skillet. Add salsa, black beans and their juices, red bell pepper, cumin and green onion. Simmer until thickened, stirring occasionally.

Spoon a heaping 1/4c beef mixture down the middle of each tortilla. Top with 2T cheese. Roll up, place seam side down and repeat until all tortillas are stuffed. Cover tops of rolled tortillas with remaining beef mixture, some sauce and additional shredded cheese.

Bake 35~45 minutes or until hot and bubbly. Serve with sour cream, black olives or guacamole, if desired.

Prepare Ahead Tip

Freeze unbaked tortillas in baking dish. Thaw overnight in refrigerator day before consumption. Bake as directed.