

# ENCHILADAS

½ tbsp olive oil

Chopped vegetables (I use a combination of whatever I have available, such as a small onion, garlic cloves, bell pepper, corn)

2 14.5 oz cans beans (black or pinto), drained and rinsed

1 ½ cups cooked brown rice

1 ½ cups shredded cheddar cheese

16 tortillas

Preheat oven to 350 degrees. Spoon ¼ cup enchilada sauce in bottom of a baking dish.

Warm tortillas by wrapping in foil and warming in oven, about 10 minutes.

Heat oil over medium-high. Add vegetables, season with salt and pepper, and sauté until cooked through. Add beans and rice and heat over low heat until warm.

Fill each tortilla with a heaping spoonful of vegetable mixture and 2 tbsp cheese. Tightly roll up.

Raise oven heat to 450 degrees. Place enchiladas, seam side down, in baking dish. Top with more sauce and sprinkle with cheese. Bake, uncovered, until hot and bubbly, 15 to 20 minutes. Let cool 10 minutes before serving.

For enchilada sauce:

In a medium saucepan, heat 1 ½ tbsp olive oil over medium heat. Add flour and cook, whisking continuously, 1 minute. Add 14 oz broth, 1 ½ tbsp chili powder, ¾ cup water, and 1 small canned chipotle chili in adobo, minced, plus 1 tbsp adobo sauce from can. Bring to a boil, whisking constantly. Reduce heat, and simmer until lightly thickened, about 10 minutes.

\*note, the chipotle chili adds some heat to the sauce and can be adjusted to taste

Serves 4

From Everyday Foo