

beef and bean enchiladas

- ½ pound lean ground beef
- ½ cup chopped onion
- 1 clove finely chopped garlic
- 1 cup cooked black beans
or pinto beans
- 1 cup salsa
- 6 tortillas
- ½ cup shredded cheddar cheese
- 1 can (20 ounces) enchilada sauce

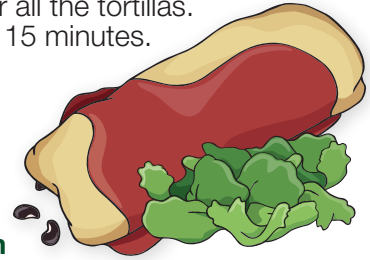
1. Cook ground beef, onion and garlic in a skillet until meat is no longer pink, about 4 minutes. Drain off any extra fat.
2. Add beans and ½ cup salsa to cooked meat. Cook over low heat for 10 minutes.
3. Spoon ½ cup of beef and bean mixture on each tortilla. Top with remaining salsa and cheese. Roll up tortillas.
4. Place tortillas, seam-side down, in a greased baking dish.
5. Pour enchilada sauce over all the tortillas. Bake in a 350° oven for 15 minutes.

Beans add protein, fiber and iron
to these enchiladas.

Try something different! -

Substitute chopped chicken for ground beef in this recipe.

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