

BLACK BEAN ENCHILADA

Welcome to an explosion of flavours in this zesty spice-filled dish!
Perfect for any meal.



Black Bean Enchilada



SERVINGS



PREP TIME



COOK TIME

Ingredients

8 whole wheat flour [tortillas](#)

Sauce

30 mL (2 tbsp) vegetable oil

30 mL (2 tbsp) whole wheat flour

4 mL (¾ tsp) cumin

5 mL (1 tsp) garlic powder

5 mL (1 tsp) onion powder

15 mL (1 tbsp) paprika

1 mL (¼ tsp) salt (optional)

30 mL (2 tbsp) tomato paste

500 mL (2 cups) lower sodium vegetable broth

7 mL (½ tbsp) vinegar

125 mL (½ cup) water

Filling:

5 mL (1 tsp) vegetable oil

1 can (540 mL/19 oz) black beans, drained and rinsed

1 red bell pepper, diced

10 mL (2 tsp) cumin

30 mL (2 tbsp) onion powder

15 mL (1 tbsp) garlic powder

125 mL (½ cup) water

To assemble

250 mL (1 cup) grated lower fat mozzarella cheese

Instructions

1. Prepare whole wheat flour tortilla recipe and set aside. Preheat oven to 190°C (375°F).
2. Prepare the sauce: In a medium-sized pot, over medium heat, add 2 tbsp oil and whole wheat flour. Add cumin, garlic powder, onion powder, paprika, salt (optional) and tomato paste. Stir for 10 seconds, or until spices are toasted and fragrant. Be careful not to burn the spices.
3. Whisk in vegetable broth and vinegar. Bring to a simmer and cook for 10 minutes or until thickened. Add water, 30 mL (2 tbsp) at a time, if necessary, to adjust sauce consistency. Set aside.
4. Prepare the filling: Place a small pot over medium heat and heat 1 tsp of vegetable oil. Add black beans, peppers, cumin, onion powder and garlic powder. Toast spices for 1 minute.
5. Pour in water, stir, and cook for 2 to 4 minutes, or until reduced by half.
6. Remove from heat and using a potato masher, gently mash beans. Set aside.
7. In an oven safe 23 cm × 33 cm. dish, add ½ cup (125 mL) of the prepared sauce and set aside.
8. To assemble the enchiladas, evenly divide bean filling onto each tortilla and top with 15 mL (1 tbsp) mozzarella cheese.
9. Roll enchiladas and place in the prepared baking dish with sauce.
10. Pour remaining sauce onto enchiladas and sprinkle with remaining shredded cheese.
11. Cover with foil and place in the oven for 20 minutes or until cheese has melted.



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