



# Cheese Enchiladas



## Ingredients



- Enchilada Sauce
- 5 corn or wheat tortillas
- 1 cup shredded cheese
- 1/4 large onion
- 1/2 of 15 oz. can of drained and rinsed black beans (1 cup cooked)



## Directions



1. Preheat oven to 350.
2. Combine beans, cumin, coriander, salt and oil in a small sauté pan. Cook on low for 3 minutes, stirring constantly.
3. In a medium bowl, combine 1/2 cup cheese, black beans, and onions to make the enchilada filling.
4. Coat 8x8 inch casserole dish with cooking spray. Spread a small amount of sauce in the bottom of the dish. Warm tortillas in a skillet or oven to make soft and pliable.
5. Fill each tortilla with the cheese mixture and roll. Place rolled seam against bottom of casserole dish to help hold together. Repeat until dish is full.
6. Pour enchilada sauce over rolled tortillas. Sprinkle 1/2 cup of cheese on top. Bake for 25 to 35 minutes. or until cheese is melted.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Cheese Enchiladas



## Ingredients



- Enchilada Sauce
- 5 corn or wheat tortillas
- 1 cup shredded cheese
- 1/4 large onion
- 1/2 of 15 oz. can of drained and rinsed black beans (1 cup cooked)



## Directions

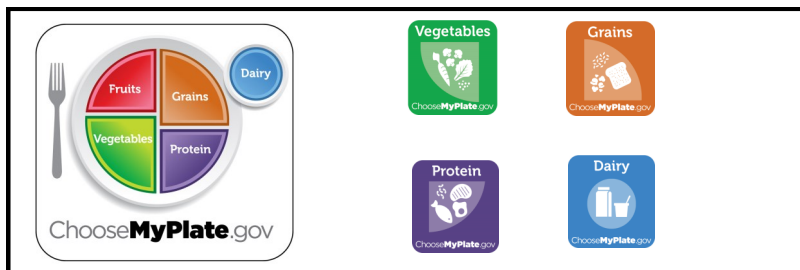


1. Preheat oven to 350.
2. Combine beans, cumin, coriander, salt and oil in a small sauté pan. Cook on low for 3 minutes, stirring constantly.
3. In a medium bowl, combine 1/2 cup cheese, black beans, and onions to make the enchilada filling.
4. Coat 8x8 inch casserole dish with cooking spray. Spread a small amount of sauce in the bottom of the dish. Warm tortillas in a skillet or oven to make soft and pliable.
5. Fill each tortilla with the cheese mixture and roll. Place rolled seam against bottom of casserole dish to help hold together. Repeat until dish is full.
6. Pour enchilada sauce over rolled tortillas. Sprinkle 1/2 cup of cheese on top. Bake for 25 to 35 minutes. or until cheese is melted.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



## Featured Food Groups



## Cooking Tips



- Like veggies? Add some greens, shredded carrots, or even green onions.
- Garnish with cilantro or green onions sliced into rounds

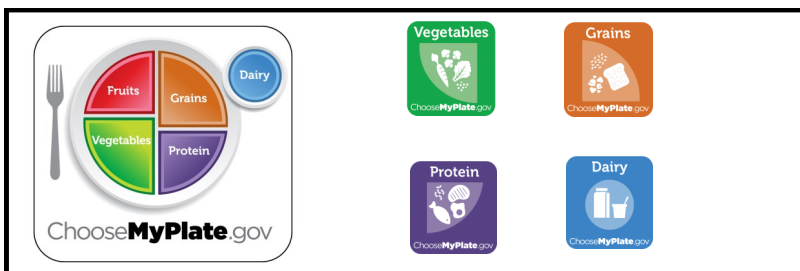
## Nutrition Facts



Second Harvest is an equal opportunity provider.



## Featured Food Groups



## Cooking Tips



- Like veggies? Add some greens, shredded carrots, or even green onions.
- Garnish with cilantro or green onions sliced into rounds

## Nutrition Facts



Second Harvest is an equal opportunity provider.