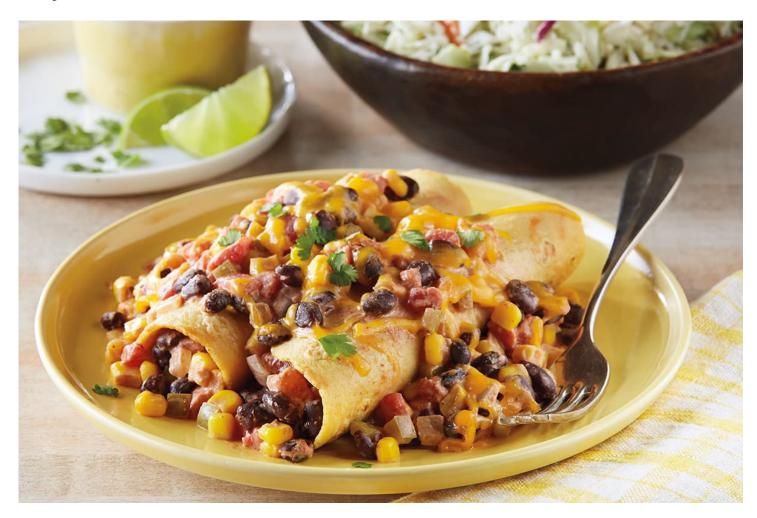
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Easy Bean Enchiladas



A creamy veggie and bean filling is baked in and over flour tortillas in this simple meatless main dish.

Serves 4

Prep time 15 min.

Cook time 25 min.

Ingredients

1 can (14.5oz.) Del Monte® Petite Cut Diced Tomatoes, not drained

1 can (15oz.) reduced-sodium black beans, rinsed and drained

1 can (8.75oz.) Del Monte® Whole Kernel Corn, rinsed and drained

 $\frac{1}{2}$ cup diced green bell pepper

1/2 cup chopped onion

1 Tbsp. chili powder

2 tsps. cumin

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3 oz. Reduced-fat cream cheese, softened

8 corn tortillas

½ cup shredded low fat sharp Cheddar cheese, 2 oz.

1/₃ cup chopped fresh cilantro

Directions

- 1. Preheat oven to 350°F. Lightly coat a 13x9-inch baking dish with non-stick cooking spray.
- 2. Combine tomatoes, beans, corn, bell pepper, onion, chili powder and cumin in a large skillet. Bring to a boil over medium-high heat. Reduce to medium, cover and cook 8 to 10 minutes and slightly thickened. Remove from heat.
- 3. Stir cream cheese into tomato mixture until well blended. Place a tortilla in the baking dish and lightly coat both sides with cooking spray. Spoon 1/4 cup of bean mixture down center of tortilla. Roll up and place, seam side down in pan. Continue with remaining tortillas. Spoon remaining tomato mixture over enchiladas.
- 4. Spray foil with cooking spray and cover dish. Bake 15 minutes or until hot. Remove foil; sprinkle with cheese and bake, uncovered, 5 minutes or until melted. Sprinkle with cilantro before serving.

VARIATION: To make **Chicken Enchiladas**, prepare recipe as directed, except use 1 1/2 cups chopped cooked chicken or leftover turkey instead of beans in Step 2.