

Taste of Home



# Black Bean and Rice Enchiladas

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*I love Mexican food, but I'm always looking for ways to make it more healthy. I "renovated" a dish that I have enjoyed in restaurants to suit my taste and lifestyle. —Christie Ladd, Mechanicsburg, Pennsylvania*

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**TOTAL TIME:** Prep: 40 min. Bake: 30 min.

**YIELD:** 8 servings.

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## Ingredients

1 tablespoon olive oil

1 green pepper, chopped

1 medium onion, chopped

3 garlic cloves, minced

1 can (15 ounces) black beans, rinsed and drained

1 can (14-1/2 ounces) diced tomatoes and green chiles

1/4 cup picante sauce

1 tablespoon chili powder

1 teaspoon ground cumin

1/4 teaspoon crushed red pepper flakes

2 cups cooked brown rice

8 flour tortillas (6 inches), warmed

1 cup salsa

1 cup shredded reduced-fat cheddar cheese

3 tablespoons chopped fresh cilantro leaves

Sliced red onion and jalapeno peppers, optional

## Directions



**1.** Preheat oven to 350°. In a large nonstick skillet, heat oil over medium heat. Add green pepper, onion and garlic; saute until tender. Add next 6 ingredients; bring to a boil. Reduce heat; simmer, uncovered, until heated through. Add rice; cook 5 minutes longer.

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**2.** Spoon a rounded 1/2 cup of rice mixture down center of each tortilla. Fold sides over filling and roll up. Place seam side down in a 13x9-in. baking dish coated with cooking spray. Spoon remaining rice mixture along sides of dish. Top tortillas with salsa. Bake, covered, for 25 minutes. Uncover; sprinkle with cheese. Bake until cheese is melted, 2-3 minutes longer. Sprinkle with cilantro and, if desired, onions and jalapenos.

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