

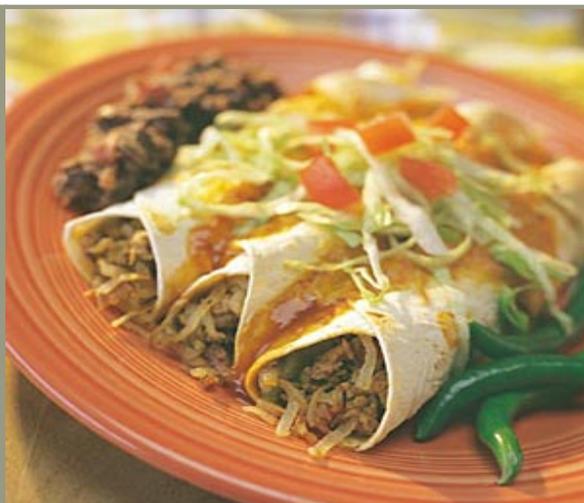
turkey and potato enchiladas with refried black beans

TOTAL TIME

30 minutes

MAKES 4

SERVINGS



APRON'S ADVICE

This dish has built-in leftovers, which make a great lunch the next day.

SHOPPING LIST

Dairy

- 1 cup hash brown potatoes
- 2 1/2 cups shredded Cheddar cheese

Dry Grocery

- 1 (15-oz) can black beans
- 1 (4.5-oz) can chopped green chilies
- 1 (10-oz) can enchilada sauce
- 1 (8-inch) flour tortillas
- 1/4 cup salsa
- 1 (1.25-oz) package taco seasoning mix
- vegetable cooking spray

Frozen

- 1 cup diced onions

Meat

- 3/4 lb ground turkey breast

Suggested Items

- bread pudding
- sour cream
- shredded lettuce
- tomatoes

COOKING SEQUENCE

- Prepare enchiladas and begin to bake - 20 minutes
- Prepare beans; complete enchiladas and serve - 10 minutes

turkey and potato enchiladas

INGREDIENTS

- 3/4 pound ground turkey breast
- 1 cup frozen diced onions
- 1 (4.5-ounce) can green chilies
- 1 (1.25-ounce) package taco seasoning mix
- 1/3 cup water
- 1 cup refrigerated hash brown potatoes
- 10 (8-inch) flour tortillas
- 1 (10-ounce) can enchilada sauce
- 2 cups shredded Cheddar cheese

STEPS

1. Preheat oven to 375°F. Preheat large sauté pan on medium 2–3 minutes. 2. Add turkey, onions, and green chilies. Cook 5–7 minutes, stirring frequently, until meat crumbles and no pink remains. Drain, if needed. Stir in taco seasoning, water, and potatoes. 3. Assemble enchiladas as follows: lay tortilla flat and place 1/4 cup meat mixture on tortilla. Roll tortilla to form cylinder shape and arrange seam side down in 10- x 13-inch baking dish. Repeat with all tortillas. 4. Pour enchilada sauce over filled enchiladas. Sprinkle with cheese and bake 12 minutes or until thoroughly heated. 5. Top with your choice of tomatoes, shredded lettuce, and sour cream, if desired. Serve. (Makes 5 servings.)

CALORIES (per 1/5 recipe) 660kcal; FAT 24g; CHOL 75mg; SODIUM 1600mg; CARB 70g; FIBER 5g; PROTEIN 37g; VIT A 20%; VIT C 8%; CALC 40%; IRON 25%

refried black beans

INGREDIENTS

- cooking spray
- 1 (15-ounce) can black beans (drained)
- 1/4 cup salsa
- 1/2 cup shredded Cheddar cheese

STEPS

1. Preheat small saucepan on medium-low 2–3 minutes. Coat with cooking spray; add beans and mash with potato masher until the consistency of a lumpy paste. 2. Stir in salsa and cook 3 minutes, stirring occasionally, until thoroughly heated. 3. Top with cheese, cover, and let stand 2 minutes until cheese is melted. Serve.

CALORIES (per 1/4 recipe) 150kcal; FAT 5g; CHOL 15mg; SODIUM 520mg; CARB 16g; FIBER 6g; PROTEIN 9g; VIT A 4%; VIT C 0%; CALC 15%; IRON 15%



FOR MORE RECIPES, VISIT
publix.com/aprons