vegetarian enchilada bake with black bean sauté

TOTAL TIME
35 minutes
MAKES 4
SERVINGS

APRON'S ADVICE

Cheese-lovers may substitute Monterey Jack or Cheddar cheese for a change of pace.

SHOPPING LIST

Dairy
8 flour tortillas

Dry Grocery
aluminum foil
1 (10-oz) can enchilada sauce
1/4 cup picante sauce
1 (14 1/2-oz) can seasoned black beans
1 (1.25-oz) package taco seasoning mix
vegetable cooking spray

Frozen
1 tbsp diced green peppers
1/4 cup diced onions
1 (10-oz) box veggie patties

Produce
1 (8-oz) package Veggie Shreds

Suggested Items
black olives
organic cookies
lettuce
tomato

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COOKING SEQUENCE

- Prepare enchiladas and begin to bake: 20 minutes
- After 10 minutes of baking time, prepare beans; then uncover enchiladas and finish baking: 15 minutes

vegetarian enchilada bake

INGREDIENTS

one 10-ounce box frozen veggie patties
one package taco seasoning mix (reserve 1 teaspoon)
1/4 cup frozen onions
1 tablespoon frozen diced green peppers
vegetable cooking spray
8 flour tortillas
one 10-ounce can enchilada sauce
one 8-ounce package Veggie Shreds (reserve 1/4 cup for black beans)
aluminum foil

STEPS

1. Preheat oven to 375°F. 2. Crumble veggie patties into mixing bowl; add taco seasoning mix (reserving 1 teaspoon for topping), onion and pepper, mixing until blended. If mixture is still frozen, thaw on defrost setting in microwave for 5 minutes. 3. Spray baking dish with vegetable cooking spray. 4. Lay tortilla shell flat on work surface; place approximately 1/4 cup of veggie patties mix and 2 tablespoons veggie shreds on one side of the shell. Starting with side of shell topped with veggie mixture, roll tortilla shell tightly over mixture and place seam-side down into baking dish. Repeat with remaining shells. 5. Pour enchilada sauce over top, covering entire dish. If some of the tortillas do not get covered, spread with a spoon. 6. Sprinkle remainder of veggie shreds (reserving 1/4 cup for black beans) and reserved taco seasoning over top. 7. Cover with aluminum foil and bake for 15 minutes covered. Remove foil and bake for additional 5 minutes.

black bean sauté

INGREDIENTS

vegetable cooking spray
one 14 1/2-ounce can seasoned black beans
1/4 cup picante sauce
1/4 cup Veggie Shreds (reserved from enchiladas)

STEPS

1. Preheat sauté pan on medium-low for 1-2 minutes. 2. Spray pan with vegetable cooking spray. 3. Drain beans; add beans to sauté pan. Using potato masher, mash beans until a slightly lumpy paste has formed. 4. Add picante sauce and stir to mix. Cook for 2-3 minutes. 5. Top with veggie shreds; cover. Allow cheese to melt for 1-2 minutes.

Calories (kcal) 881; Total Fat (g) 17; Saturated Fat (g) 2; Cholesterol (mg) 15; Carbohydrate (g) 135; Dietary Fiber (g) 23; Protein (g) 36; Sodium (mg) 2245; Potassium (mg) 1667; Calcium (mg) 596; Iron (mg) 10 Vitamin A 72%; Vitamin C 22%; Calcium 60%; Iron 55%

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