southwest beef and black bean enchiladas with fiesta rice

TOTAL TIME
30 minutes
MAKES 6
SERVINGS

APRON'S ADVICE

Complete your meal with sour cream, salsa, and lettuce shreds for the enchiladas, with Key lime pie for dessert. The chiles can be removed from both recipes for a milder flavor.

SHOPPING LIST

Dairy
8 oz shredded Monterey Jack cheese

Dry Grocery
1 (15-oz) can black beans
5 tbsp chopped green chiles
6 (10-inch) flour or corn tortillas
1 (5.4-oz) packet quick-cooking fiesta rice
2/3 cup salsa verde
1 (8-oz) can tomato sauce

Frozen
1 (12-oz) bag whole kernel corn

Meat
1 package fully cooked beef pot roast (15-17 oz)

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COOKING SEQUENCE

- Prepare enchiladas and begin to bake - 10 minutes
- Prepare rice and serve - 20 minutes

southwest beef and black bean enchiladas

INGREDIENTS

1 package fully cooked beef pot roast (15-17-oz)
1 (8-oz) can tomato sauce
2/3 cup salsa verde
6 (10-inch) flour or corn tortillas
8 oz shredded Monterey Jack cheese, divided
1 (15-oz) can black beans, drained and rinsed
2 tablespoons chopped green chiles, divided

STEPS

1. Preheat oven to 400°F. Microwave pot roast on HIGH 2–3 minutes or until warm. Transfer gravy (from pot roast) to medium saucepan. Finely shred meat using two forks; place in medium bowl.
2. Stir tomato sauce and salsa verde into gravy; cook on medium 3–4 minutes or until hot. Add 3/4 cup of the gravy mixture to pot roast. Spread 1/2 cup gravy mixture over bottom of 9- x 13-inch baking dish.
3. Spoon down center of each tortilla: 1/3 cup beef mixture, 1/4 cup cheese, 3 tablespoons black beans, and 1 teaspoon chiles. Roll tortillas around filling and place, seam side down, in baking dish. Top enchiladas with remaining 3/4 cup gravy mixture and 1/2 cup cheese. Bake 18–20 minutes or until cheese melts and enchiladas have browned slightly. Serve.

CALORIES (per 1/6 recipe) 630kcal; FAT 28g; CHOL 85mg; SODIUM 1910mg; CARB 64g; FIBER 6g; PROTEIN 35g; VIT A 15%; VIT C 10%; CALC 30%; IRON 20%

fiesta rice

INGREDIENTS

2 cups water
1 (5.4-oz) packet quick-cooking fiesta rice
1 (12-oz) bag frozen whole kernel corn
3 tablespoons chopped green chiles (undrained)

STEPS

1. Place water in medium saucepan. Cover and bring to boil on high.
2. Stir in rice (with seasonings), corn, and chiles; cover and return to boil.
3. Stir, cover, and reduce heat to medium; cook 8 minutes.
4. Remove from heat; let stand 5 minutes. Fluff with fork and serve.

CALORIES (per 1/6 recipe) 140kcal; FAT 1g; CHOL 0mg; SODIUM 370mg; CARB 30g; FIBER 2g; PROTEIN 4g; VIT A 4%; VIT C 8%; CALC 2%; IRON 8%

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