

Black Bean Enchiladas

Ingredients:

¼ cup onion, chopped
 2 cups tomato sauce, unsalted
 3 cups water
 ¾ tsp. salt
 ¼ tsp. garlic powder
 ¼ cup chili pepper
 ¼ cup cornstarch
 1 ¾ oz. chipotle in adobo sauce
 3 ½ tsp. extra virgin olive oil
 1 onion, chopped
 6 lb. canned black beans, unsalted
 1 cup orange juice
 1 ¾ tsp. oregano
 1 ¾ tsp. cumin
 12 ½ oz. salsa
 20 each corn tortillas
 Cooking spray



Nutrition Facts

Serving Size 2 enchiladas (530g)	
Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 70g	23%
Dietary Fiber 17g	68%
Sugars 8g	
Protein 18g	
Vitamin A 25%	Vitamin C 40%
Calcium 15%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

- To prepare the sauce, heat oil in a sauce pan and sauté onions until translucent.
- Add the tomato sauce, water, garlic powder, salt, chili pepper and dissolved cornstarch.
- Cook over medium heat, stirring constantly, until the mixture comes to a boil and begins to thicken (about 8-9 minutes).
- Peel and dice onions. Drain and rinse black beans.
- Heat oil in medium saucepan over medium heat. Sauté onion and chipotle pepper until soft; about 10 minutes.
- Stir in the beans and orange juice; simmering 10 minutes.
- Put the beans into a food processor and pulse until smooth, some lumps are fine.
- Roll enchiladas and place seam side down in the baking dish.
- Repeat with remaining tortillas and remaining half of filling, pour sauce all over enchiladas and cover dish with foil.
- Bake 25 minutes or until just hot throughout. Let sit for 5 minutes.