

Originating in Mexico, many people describe an enchilada as spicy, having a strong mixed flavor. And of course enchiladas are one of the most popular dishes that can be bought from a street vendor in Mexico. Mexican cuisine is rich in vitamins, minerals, and proteins. The recipe I present here is one of mine of course and it is a healthier version of this classic dish. It is not lacking in protein or flavor, but if you must have it with chicken or beef, please feel free...ENJOY!

Prep Time:15 min

Cook Time:20 min

Ingredients:

- 1 can black beans (drained & rinsed)
- 1 can corn (drained & rinsed)
- 1 batch of 'Enchilada Sauce'
- 3 cups sharp cheddar cheese (shredded)
- 1 whole onion (diced)
- 1 package of 6" soft tortillas (whole wheat)
- 1/2 medium finely chopped onion

ENCHILADA SAUCE:

- 1/2 cup olive oil
- 4 tbsp self-rising flour
- 1/2 cup chili powder
- 1 small finely chopped red bell pepper
- 1/2 medium finely chopped onion
- 1/2 tsp cayenne pepper
- 2 tbsp finely chopped garlic
- 1 (Tube or Can 8oz) tomato concentrate, or paste
- 4 cups water
- 2 tsp ground cumin
- 1/2 tsp black pepper

Directions:

1. Sauce Directions: Heat the olive oil in a saucepan over medium heat adding the garlic, 1/2 onion and pepper. Cook until soft, for about 4 minutes then add the cayenne, cumin, and chili powder until the spices emulsify. Then sprinkle in the flour, cooking and stirring for another minute or so while adding the water, allowing the sauce to condense a bit. Finally, bring to a boil while mixing in the tomato concentrate. Cooking and stirring until the sauce is nice and thick and reduced by about a 1/4, for approximately ten minutes. (pepper to taste)

2. (This Step is Optional) Let the sauce sit for a while to cool, then using an immersion blender completely puree the sauce until you reach a smooth consistency. (JUST MAKE SURE THE SAUCE IS COOLED, AS BLENDING HOT LIQUIDS IS VERY DANGEROUS!)

3. Taking the corn, black beans, half of the enchilada sauce, 2/3 of the shredded cheese, the other half of onion and combine these in a bowl (This will be 'the

filling'). Put 2 to 3 spoonfuls of 'the filling' per tortilla rolling them up one by one and lining them up in casserole dish previously lined with a small amount of enchilada sauce. Finally, after everything is in the casserole dish cover the prepared enchiladas with remaining filling, cheese and the remainder enchilada sauce.

Bake at 375 Degrees for 20 minutes, let cool 5min then serve...

Servings 6