



the best
**BLACK BEAN
ENCHILADAS**



ORIGINAL WEBSITE LINK:

[HTTPS://WWW.ISABELEATS.COM/BLACK-BEAN-ENCHILADAS/](https://www.isabeleats.com/black-bean-enchiladas/)

INGREDIENTS

- 1 tablespoon olive oil
- 2 cloves garlic, *minced*
- 1 large green bell pepper, *diced*
- 1 small onion, *diced*
- 1 (15-oz) can BUSH'S black beans, *drained and rinsed*
- 1 (15-oz) can yellow corn, *drained and rinsed*
- 1 teaspoon kosher salt, *plus more to taste*
- 1/2 teaspoon ground cumin
- 1/4 teaspoon dried oregano
- 1/4 teaspoon smoked paprika
- 2 cups shredded Mexican-blend cheese, *divided*
- 8 (8-inch) flour tortillas (*also called soft-taco size*)
- 2 cups enchilada sauce, *divided*
- Optional toppings: sour cream, cilantro, diced avocados

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Heat olive oil in a large skillet over medium-high heat. Add the garlic and cook for 30 seconds. Then add the onions and peppers, and cook for 8 minutes, stirring occasionally, until softened and translucent.
3. Add the black beans, yellow corn, salt, cumin, oregano, and smoked paprika. Cook, stirring occasionally, for 3 minutes, until the mixture has fully heated through.
4. Add 1/4 cup enchilada sauce, stir to combine, and remove from heat. Taste and season with more salt if necessary.
5. Microwave the tortillas on a plate for 1 minute, flipping them halfway through until all of them are warm and pliable.
6. Pour 1/4 cup of the enchilada sauce into a 9×13 baking dish, and spread it out to coat the bottom of the dish.
7. Assemble the enchiladas by filling each tortilla evenly with the black bean mixture and 3/4 cup of shredded cheese. Roll the tortillas tightly to close and place in prepared baking dish seam side down.

8. Pour the remaining 1 1/2 cups enchilada sauce over the tortillas, top with the remaining 1 1/4 cups shredded cheese, and bake for 20 minutes, until the cheese is melted and bubbly.
9. Serve immediately and garnish with desired toppings.

TIPS:

Tortillas – You can make your own flour tortillas, or you can use your favorite store-bought variety. Just make sure they're 8-inches in diameter, aka "soft taco size."

Cheese – I used a shredded Mexican-blend cheese, but you can use whatever cheese you have in the fridge as long as it melts beautifully. Cheddar, Monterey jack, and mozzarella are all great options.