



Beef and Black Bean Enchiladas

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ancho chiles dried stemmed
- ☐ 0.7 cup black beans organic rinsed drained
- ☐ 1 6-inch corn tortilla ()
- ☐ 12 6-inch corn tortillas at room temperature ()
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 2 teaspoons garlic fresh minced
- ☐ 4 teaspoons garlic fresh minced
- ☐ 2 green onions coarsely chopped

- ☐ 3 green onions divided thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 8 ounces ground sirloin
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup lower-sodium chicken broth fat-free
- ☐ 3 cups lower-sodium chicken broth fat-free
- ☐ 6 tablespoons crema mexicana
- ☐ 0.5 cup monterrey jack cheese shredded packed
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon mexican oregano dried
- ☐ 0.7 cup sharp cheddar cheese shredded packed
- ☐ 1 tablespoon no-salt-added tomato paste
- ☐ 4 cups water

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 40
- ☐ To prepare sauce, place ancho chiles in a medium saucepan.

- ☐ Add 3 cups broth; bring to a boil. Reduce heat, and simmer 5 minutes. Stir in 1 torn tortilla; simmer 5 minutes, stirring occasionally.
- ☐ Pour chile mixture into a blender; let stand 10 minutes.
- ☐ Add cilantro, 2 teaspoons garlic, and 2 coarsely chopped green onions to blender; process until smooth. Return mixture to pan; bring to a boil over medium heat. Cook until reduced to 2 cups (about 7 minutes), stirring occasionally.
- ☐ Remove sauce from heat.
- ☐ To prepare enchiladas, heat a large skillet over medium-high heat.
- ☐ Add beef; saut 5 minutes or until browned.
- ☐ Remove beef from pan using a slotted spoon; drain on paper towels. Wipe pan with paper towels. Return pan to medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion; cook 8 minutes or until tender, stirring occasionally.
- ☐ Add garlic and next 3 ingredients (through salt); cook 2 minutes, stirring constantly. Stir in tomato paste; cook 1 minute, stirring frequently. Stir in drained beef, beans, and 1/2 cup broth; bring to a boil, scraping pan to loosen browned bits. Cook 1 minute, stirring occasionally.
- ☐ Remove from heat; stir in lime juice.
- ☐ Place 4 cups water in a saucepan over medium-high heat; bring to a simmer. Working with 1 tortilla at a time, dip tortillas in simmering water 2 to 3 seconds each or until softened.
- ☐ Place one tortilla on a flat work surface; spoon 3 tablespoons beef mixture onto 1 end of each tortilla.
- ☐ Roll enchiladas up jelly-roll style. Repeat procedure with remaining tortillas and beef mixture.
- ☐ Spread 1/2 cup sauce in the bottom of a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Arrange enchiladas, seam-side down, in prepared dish.
- ☐ Pour remaining sauce over enchiladas. Top with cheeses.
- ☐ Bake at 400 for 20 minutes or until lightly browned and bubbly.
- ☐ Let stand 10 minutes.
- ☐ Sprinkle with 3 sliced green onions; serve with crema.

Nutrition Facts



 **PROTEIN 19.97%**  **FAT 38.19%**  **CARBS 41.84%**

Properties

Glycemic Index:70.5, Glycemic Load:13.57, Inflammation Score:-10, Nutrition Score:22.483912794486%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.43mg, Quercetin: 12.43mg, Quercetin: 12.43mg, Quercetin: 12.43mg

Nutrients (% of daily need)

Calories: 434.22kcal (21.71%), Fat: 19.01g (29.25%), Saturated Fat: 7.03g (43.91%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 36.78g (13.37%), Sugar: 8.76g (9.73%), Cholesterol: 54.59mg (18.2%), Sodium: 649.27mg (28.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.37g (44.74%), Vitamin A: 3568.98IU (71.38%), Phosphorus: 414.22mg (41.42%), Fiber: 10.09g (40.37%), Vitamin K: 40.57µg (38.64%), Calcium: 283.21mg (28.32%), Potassium: 958.9mg (27.4%), Manganese: 0.54mg (27%), Vitamin B6: 0.5mg (24.87%), Zinc: 3.73mg (24.86%), Selenium: 15.89µg (22.7%), Magnesium: 89.67mg (22.42%), Vitamin B2: 0.37mg (21.88%), Vitamin B3: 3.98mg (19.9%), Iron: 3.33mg (18.48%), Vitamin B12: 1.03µg (17.19%), Folate: 62.39µg (15.6%), Vitamin C: 12.02mg (14.57%), Copper: 0.27mg (13.26%), Vitamin B1: 0.17mg (11.36%), Vitamin E: 1.25mg (8.34%), Vitamin B5: 0.6mg (6.04%), Vitamin D: 0.17µg (1.13%)