



Heather's Beef Enchiladas

 Gluten Free

READY IN



75 min.

SERVINGS



7

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 15 ounce black beans drained and rinsed canned
- 0.3 teaspoon cayenne pepper
- 10.8 ounce cream of mushroom soup reduced-fat reduced-sodium canned (such as Campbell's® Healthy Request)
- 0.3 teaspoon marjoram dried
- 0.5 teaspoon garlic powder
- 4 ounce chile peppers diced green drained canned
- 0.5 cup green onions diced

- 1 pound ground beef
- 0.3 teaspoon ground cumin
- 0.3 teaspoon ground pepper black
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 0.3 cup milk
- 0.5 cup cheddar-monterey jack cheese blend shredded
- 0.3 teaspoon oregano dried
- 0.3 cup taco seasoning old el paso® (such as)
- 0.7 cup water

Equipment

- bowl
- frying pan
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a deep 12x6-inch hotel pan or casserole dish with cooking spray.
- Mix garlic powder, black pepper, cayenne pepper, cumin, marjoram, and oregano together in a small bowl.
- Heat a large skillet over medium-high heat and stir in ground beef. Cook and stir until the beef is crumbly and no longer pink, about 10 minutes.
- Drain and discard any excess grease.
- Add black beans, water, and taco seasoning; cook and stir mixture until most of liquid is evaporated, 5 to 10 minutes.
- Heat butter in a separate skillet over medium heat; cook and stir green onions in the melted butter until softened, about 5 minutes.
- Mix cream of mushroom soup, sour cream, green chile peppers, and garlic powder mixture into green onions; reduce heat to low and simmer until mixture is heated through, 2 to 3

minutes.

- Remove 3/4 cup soup mixture and stir into ground beef mixture; fold in 1/2 cup Cheddar-Monterey Jack cheese until well incorporated.
- Stir milk into the remaining soup mixture until sauce is smooth; remove from heat.
- Spoon about 1/2 cup ground beef mixture into each tortilla.
- Roll each tortilla around filling and place seam side down into the prepared pan.
- Pour sauce over enchiladas, spreading to completely coat.
- Sprinkle 1/2 cup Cheddar-Monterey Jack cheese over enchiladas.
- Bake in the preheated oven until cheese is melted and edges of the casserole are browned, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:32.29, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:15.640869446423%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 346.9kcal (17.34%), Fat: 20.36g (31.33%), Saturated Fat: 9.37g (58.56%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 14.94g (5.43%), Sugar: 2.79g (3.11%), Cholesterol: 66.46mg (22.15%), Sodium: 1639.44mg (71.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.93%), Fiber: 6.95g (27.82%), Vitamin B12: 1.64µg (27.38%), Vitamin A: 1363.5IU (27.27%), Zinc: 3.94mg (26.24%), Phosphorus: 243.51mg (24.35%), Iron: 3.97mg (22.05%), Vitamin B3: 3.69mg (18.46%), Selenium: 12.53µg (17.91%), Vitamin C: 13.81mg (16.74%), Vitamin K: 17.05µg (16.24%), Vitamin B2: 0.27mg (15.95%), Manganese: 0.31mg (15.5%), Folate: 61.65µg (15.41%), Vitamin B6: 0.31mg (15.28%), Potassium: 517.03mg (14.77%), Calcium: 143.36mg (14.34%), Copper: 0.26mg (13.08%), Magnesium: 43.4mg (10.85%), Vitamin B1: 0.14mg (9.45%), Vitamin B5: 0.59mg (5.94%), Vitamin E: 0.47mg (3.1%), Vitamin D: 0.24µg (1.61%)