



Turkey Black Bean Enchiladas

 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 Tbsp chili powder (with less and add more to taste)
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon oregano (crushed)
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons salt (salted (less if using stock))

- ☐ 0.3 cup flour
- ☐ 2 Tbsp olive oil extra virgin
- ☐ 2 cups chicken stock see
- ☐ 1 Tbsp olive oil extra virgin
- ☐ 1 medium onion chopped
- ☐ 3 garlic cloves minced
- ☐ 1 to 2 jalapeño chili peppers minced seeded for mild, 2 for spicy
- ☐ 3 cups turkey meat cooked chopped
- ☐ 15 ounce black beans homemade rinsed drained canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 Tbsp juice of lime (can sub lemon juice)
- ☐ 1 teaspoons salt to taste
- ☐ 8 flour tortillas
- ☐ 6 servings onion red chopped
- ☐ 6 servings avocado chopped
- ☐ 6 servings cilantro leaves fresh chopped
- ☐ 6 servings crema fresca sour
- ☐ 6 servings ice berg lettuce with salt and vinegar sliced thin

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ casserole dish

Directions

- ☐ Make enchilada sauce: In a medium bowl, whisk together the chili powder, cumin, oregano, garlic powder, cinnamon, ground cloves, sugar, salt, and flour.
- ☐ Heat olive oil on medium heat in a cast iron pan (or other thick-bottomed sauté pan).
- ☐ Add the spices and cook for a minute or two, until fragrant.
- ☐ Slowly whisk in the stock, until smooth.
- ☐ Let come to a simmer, cook for a minute, then remove from heat, cover and set aside.
- ☐ Heat olive oil in a sauté pan on medium heat.
- ☐ Add the chopped onion and jalapeños and cook until the onions are translucent, about 3–4 minutes.
- ☐ Add the garlic and cook a minute more.
- ☐ Remove from heat.
- ☐ Place onion mixture in a medium mixing bowl.
- ☐ Mix in the cooked turkey meat, the beans, 1 cup of the grated cheese, 1/4 cup of chopped cilantro, 2 Tbsp lime juice, and 1/2 a cup of the enchilada sauce.
- ☐ Add 1 to 2 teaspoons of salt, or more to taste. Set aside.
- ☐ Assemble the enchiladas: Preheat the oven to 350°F.
- ☐ Heat the pan with the enchilada sauce on medium heat.
- ☐ Spread 1/2 cup of the sauce over the bottom of a 9x13 casserole dish (pyrex works well).
- ☐ Working one at a time, dip the flour tortillas in the sauce to coat them on both sides. If the sauce is too thick, thin it with a little water.
- ☐ Place the tortilla in the casserole dish and place anywhere from 1/4 of a cup to 1/2 cup of the filling in the middle of the tortilla.
- ☐ Roll up the tortilla around the filling and place it in the casserole dish. Continue to roll up the rest of your tortillas until they fill the casserole dish. Cover the enchiladas with the remaining sauce, and sprinkle with the remaining cheese.
- ☐ Place in the oven and bake, uncovered, for 15 to 20 minutes, until the enchiladas are heated through and the cheese has melted.
- ☐ Sprinkle with lime juice, serve with garnishes:
- ☐ Sprinkle with a little more lime juice before serving.
- ☐ Serve with chopped red onion, chopped avocado, fresh cilantro, sour cream or crema fresca, and thinly sliced iceberg lettuce that has been dressed with vinegar and salt (no oil).

Nutrition Facts

PROTEIN 19.2% FAT 44% CARBS 36.8%

Properties

Glycemic Index:69.85, Glycemic Load:11.4, Inflammation Score:-10, Nutrition Score:38.620434499305%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 617.53kcal (30.88%), Fat: 31.47g (48.42%), Saturated Fat: 6.39g (39.96%), Carbohydrates: 59.24g (19.75%), Net Carbohydrates: 40.93g (14.88%), Sugar: 8.02g (8.91%), Cholesterol: 56.38mg (18.79%), Sodium: 2102.39mg (91.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.81%), Fiber: 18.32g (73.26%), Vitamin A: 3550.92IU (71.02%), Vitamin B3: 12.5mg (62.5%), Vitamin K: 64.61µg (61.53%), Vitamin B6: 1.13mg (56.3%), Folate: 215.77µg (53.94%), Manganese: 1mg (50.23%), Vitamin E: 7.07mg (47.11%), Selenium: 32.54µg (46.48%), Phosphorus: 441.04mg (44.1%), Vitamin B2: 0.7mg (41.23%), Potassium: 1399.07mg (39.97%), Iron: 7.11mg (39.51%), Vitamin B1: 0.55mg (36.95%), Copper: 0.62mg (30.95%), Magnesium: 114.13mg (28.53%), Vitamin B5: 2.46mg (24.55%), Vitamin C: 18.88mg (22.89%), Zinc: 3.37mg (22.46%), Calcium: 189.36mg (18.94%), Vitamin B12: 0.89µg (14.89%)