

AUNT CHILADA'S STUFFED TORTILLAS

Serves 6

Rushing; Instead of Sauce, Substitute 3 Cups Prepared Salsa

Sauce: 1 Cup Chopped Onions	1 Tsp Cumin
1 Garlic Clove, Minced	1 Tsp Chili Powder
1 Can (28oz) Diced Tomatoes	½ Tsp Salt
1 Can (5 ½ oz) Tomato Paste	¼ Tsp Pepper
1 Jalapeno, Seeded and Minced	2 TBSP Fresh Coriander, Chopped
1 TBSP Red Wine Vinegar	

Enchiladas:

1 ¼ Cups Chopped Onions	2 Cups Cooked Black Beans
1 Cup Diced Carrots	1 ½ Cups Corn
1 Cup Diced Green Pepper	2 TBSP Lime Juice
3 Garlic Cloves, Minced	2 TBSP Fresh Coriander, Chopped
1 Jalapeno, Seeded, Minced	12 7-inch Flour Tortillas
1 TBSP Chili Powder	1 Cup Grated Cheddar Cheese
2 Tsp Oregano	¾ Cup Sour Cream To Serve
1 Tsp Ground Cumin	

1. To prepare sauce, spray a medium saucepan with non-stick spray. Add onions and garlic. Cook over medium heat until onions are softened, about 5 minutes.
2. Add remaining ingredients, except coriander. Bring to a boil. Reduce heat to low. Cover and simmer for 15 minutes, stirring occasionally. Remove from heat and stir in coriander.
3. While sauce is simmering, prepare enchilada filling. Spray a large saucepan with non-stick spray. Add onions, carrots,

green pepper, and garlic. Cook over medium heat until vegetables are softened, about 5 minutes. Add jalapeno pepper, chili powder, oregano, and cumin. Cook for 1 more minute. Remove from heat. Stir in beans, corn, lime juice, and coriander. Mix well.

4. To assemble enchiladas, spread 3 heaping tablespoons of filling down center of tortilla. Sprinkle with 2 teaspoons of cheddar cheese. Fold tortilla to enclose filling and place seam-side down in baking dish. Repeat with remaining tortilla, leaving yourself with ¼ cup shredded cheddar
5. Pour sauce evenly over enchiladas, making sure each one is coated. Cover with aluminum foil and bake at 350F for 25 minutes. Uncover, sprinkle with remaining cheese, and return to oven for 5 more minutes. Serve enchiladas with a dollop of low-fat sour cream on top.