

Black Bean, Butternut Squash & Jalapeño Enchiladas

35 minutes | 2 servings



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Grab ingredients

½ (15 oz) can	black beans
½ small	butternut squash
6 fl oz	chicken or vegetable broth
2 cloves	garlic
1	jalapeño pepper
½ (8 oz) block	mozzarella cheese
¼ cup	plain Greek yogurt
4	small flour tortillas
1 (8 oz) can	tomato sauce
½ medium	yellow onion
	all-purpose flour
	cayenne pepper
	chili powder
	cumin, ground
	extra virgin olive oil
	garlic powder
	onion powder
	oregano, dried
	salt

Cook & enjoy

- 1 Preheat oven to 400°F.
- 2 Wash, dry, and peel the butternut squash; halve and remove seeds with a spoon. Small dice squash and place in a medium bowl; set aside.
½ small butternut squash
- 3 Peel and small dice onion; peel and mince garlic. Add both to the bowl with the squash.
½ medium yellow onion
2 cloves garlic
- 4 Wash, dry, and quarter jalapeño lengthwise; seed and remove ribs with a spoon. Finely dice and add to the bowl. (Be careful, with jalapeños, do not touch your eyes and ensure you wash your hands after handling or wear gloves while preparing.)
1 jalapeño pepper
- 5 Preheat a large skillet over medium-high heat.
- 6 Once the skillet is hot, add oil and swirl to coat the bottom. Add veggies and spices to the skillet; cook, stirring occasionally, until squash is fork-tender, about 6 minutes.
2 tsp extra virgin olive oil
1 ½ tsp chili powder
½ tsp salt
¼ tsp garlic powder
¼ tsp onion powder
¼ tsp cayenne pepper
¼ tsp cumin

- 7 Meanwhile, measure oil into a small saucepan and place over medium-high heat. Once the oil is hot, whisk in the flour; continuing to whisk, cook the flour until lightly golden, about 1 minute.
1 tbsp extra virgin olive oil
1 tbsp all-purpose flour
- 8 Slowly whisk in tomato sauce, broth, and spices. Bring to a boil, then reduce heat and simmer until thickened, 4-5 minutes. Remove enchilada sauce from heat and set aside.
1 (8 oz) can tomato sauce
6 fl oz ($\frac{3}{4}$ cup) chicken or vegetable broth
1 tbsp chili powder
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp cumin
1/2 tsp salt
1/4 tsp oregano
- 9 Meanwhile, drain and rinse beans. Grate mozzarella.
1/2 (15 oz) can black beans
1/2 (8 oz) block mozzarella cheese
- 10 Add beans, half the cheese (reserving the rest for later), and yogurt to the skillet with the veggies. Stir to combine and remove from heat.
1/4 cup plain Greek yogurt
- 11 Spread a thin layer of the enchilada sauce over the bottom of a small baking dish; set remaining sauce aside.
- 12 Place tortillas on a flat surface and divide vegetable mixture evenly between them; roll up and place, seam-side down, in the baking dish. Top with remaining sauce and cheese.
4 small flour tortillas
- 13 Place enchiladas in the oven and bake until the cheese is melted, 5-10 minutes.
- 14 To serve, divide enchiladas between plates and enjoy!