

# Black Bean, Butternut Squash & Jalapeño Enchiladas



35 minutes | 2 servings

## Find cookware

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[can opener](#)  
[chef's knife](#)  
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[cutting board](#)  
[garlic press \(optional\)](#)  
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[measuring cups](#)  
[measuring spoons](#)  
[mixing bowls](#)  
[nonstick skillet](#)  
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[small saucepan](#)  
[spatula](#)  
[stirring spoon](#)  
[vegetable peeler](#)  
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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 (¾ cup) chicken or vegetable broth  
1 tbsp chili powder  
½ tsp garlic powder  
½ tsp onion powder  
½ tsp cumin  
½ tsp salt  
¼ tsp oregano
- 9 Meanwhile, drain and rinse beans. Grate mozzarella.  
½ (15 oz) can black beans  
½ (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.  
¼ 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!