

YIELD: 10 ENCHILADAS

The Best Vegetarian Enchiladas

These black bean and veggie enchiladas are the most delicious vegetarian enchiladas you will ever eat!

PREP TIME	COOK TIME	TOTAL TIME
20 minutes	25 minutes	45 minutes

Ingredients

- 1 large onion, diced
- 5 large garlic cloves, minced or finely diced
- 1 large green pepper, diced
- 1 tablespoon olive oil
- 1 cup frozen corn kernels
- 2 tablespoons cream cheese
- 10 large flour tortillas
- 1 1/2 cups shredded mexican cheese
- 1 (15 oz) can black beans, drained
- 1 teaspoon smoked paprika
- 2 teaspoons cumin
- 1/2 teaspoon chili powder
- 1/2 large lime, juiced, plus more for serving
- 8 oz enchilada sauce
- avocado, for serving
- Sea salt
- Pepper

Instructions

1. Combine onion, garlic, green pepper, 1 tablespoon of olive oil, and 1/4 teaspoon of sea salt and pepper in a large skillet
2. Sautee on medium high heat for 6-8 minutes, until onion becomes translucent
3. Add frozen corn kernels and sautee an additional 4-5 minutes, as corn defrosts
4. Add drained beans, cream cheese, 1/2 cup shredded mexican cheese, smoked paprika, cumin, chili powder, and the juice of half a large lime
5. Add salt and pepper to taste (I used an additional 1/2 teaspoon of each)
6. Build enchiladas using filling and place in a baking dish
7. Cover with enchilada sauce and remaining mexican cheese
8. Bake at 350 for 20-25 minutes, or until cheese becomes slightly crispy (turn up the heat if necessary towards the end for desired crisp) I broil on low the last couple of minutes to make the cheese browned, but if you do this be sure to watch closely so that you don't burn it.
9. Serve topped with fresh lime juice and avocado slices
10. Enjoy!

Nutrition Information: YIELD: 10 SERVING SIZE: 1 enchilada

Amount Per Serving: CALORIES: 290 TOTAL FAT: 12g SATURATED FAT: 6g TRANS FAT: 0g UNSATURATED FAT: 5g CHOLESTEROL: 19mg SODIUM: 699mg CARBOHYDRATES: 35g FIBER: 8g SUGAR: 5g PROTEIN: 12g

Did you make this recipe?



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CUISINE: mexican / **CATEGORY:** Main Dish

<https://buildyourbite.com/the-best-ever-veggie-enchiladas/>