

# Steak Enchilada Skillet

This one-skillet dinner is a breeze to pull together, making it perfect for busy weeknights—plus it's easy to build and adjust to taste for picky eaters. Flour tortillas are cooked right in the skillet with everything else. Add them gradually to prevent them from sticking together. For a slightly different flavor and firmer texture, swap out the flour tortillas for corn tortillas.

By **Julia Levy** | Updated on September 18, 2023

✓ Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

✓ Tested by **EatingWell Test Kitchen**

**Active Time:** 15 mins

**Total Time:** 15 mins

**Servings:** 4

## Nutrition Profile:

Sesame-Free Nut-Free Healthy Pregnancy High-Fiber High-Protein Egg-Free

## Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 pound sirloin steak, thinly sliced
- 1 (1-ounce) packet 30%-lower-sodium taco seasoning
- 1 cup frozen corn kernels, thawed
- 1 cup red enchilada sauce
- 1 (15 ounce) can no-salt-added black beans, rinsed
- ½ cup shredded Mexican cheese blend
- 4 (6-inch) whole-wheat tortillas, cut into 1-inch strips
- 2 cups hot cooked brown rice
- ¼ cup chopped fresh cilantro

## Directions

### Step 1

Heat a large cast-iron skillet over medium-high heat for 5 minutes. Add oil; swirl to coat. Add steak and taco seasoning; cook, stirring occasionally, until the steak is browned, about 5 minutes. Transfer to a plate. Do not wipe out the pan.

### Step 2

Add corn, enchilada sauce and black beans to the pan; stir with a wooden spoon, scraping the bottom of the pan to incorporate browned bits. Bring to a simmer over medium-high heat. Reduce heat to medium-low. Add cheese; cook, stirring, until the cheese is melted and sauce is creamy, 1 to 2 minutes. Gently stir in tortilla strips and the steak. Serve over rice and sprinkle with cilantro.

Originally appeared: EatingWell.com, August 2023

## Nutrition Facts

Per serving: **Serving Size about 1 3/4 cups** 730 calories; total fat 34g; saturated fat 14g; cholesterol 119mg; sodium 620mg; total carbohydrate 67g; dietary fiber 10g; total sugars 4g; protein 39g; vitamin c 7mg;

calcium 253mg; iron 5mg; potassium 894mg