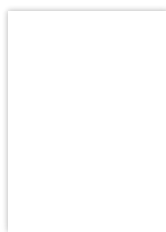


## Get Allrecipes Magazine

Full Year Just \$10

**Subscribe Now!**



*This ad will not print with your recipe*

### Print Options

 **Print**

#### Font Size



#### Include:

☐ Images ☐ Nutrition

**allrecipes**

## Vegetarian Black Bean Enchiladas



A yummy mix of veggies, refried black beans, and easy homemade enchilada sauce! A tasty change from boring old bean 'n' cheese enchiladas.

**Prep:** 25 mins

**Cook:** 30 mins

**Total:** 55 mins

**Servings:** 6

**Yield:** 6 enchiladas



### Ingredients

cooking spray

2 tablespoons olive oil

1 onion, chopped

1 small red bell pepper, chopped

1 (14.25 ounce) can vegetarian refried black beans

1 cup corn kernels, thawed

### Directions

#### Step 1

Preheat oven to 375 degrees F (190 degrees C). Spray a 9x13-inch baking dish with cooking spray.

#### Step 2

Heat olive oil in a large skillet over medium heat; cook and stir onion and bell pepper in hot oil until tender, about 5 minutes. Reduce heat to medium-low and add refried black beans, corn, and cream cheese; stir well. Season with cumin, salt, and pepper. Simmer until bean mixture is hot, about 5 minutes. Remove from heat.

1 (4 ounce) package cream cheese, softened

1 teaspoon ground cumin

salt and ground black pepper to taste

1 cup loosely packed and chopped fresh cilantro

1 (4 ounce) can canned green chiles, undrained

½ cup tomato salsa

½ cup tomato sauce

½ cup vegetable broth

½ lime, juiced

2 cloves garlic, peeled

2 teaspoons dried oregano

6 flour tortillas

2 cups shredded Cheddar cheese, divided

1 cup chopped avocado

1 cup chopped tomatoes

½ cup sour cream, or to taste

### Step 3

Place cilantro, green chiles and liquid, salsa, tomato sauce, vegetable broth, lime juice, garlic, and oregano in a food processor; blend until smooth, about 10 pulses. Spread about 1/3 cilantro salsa mixture in prepared baking dish.

### Step 4

Spread bean mixture evenly down the center of each tortilla and sprinkle with 1 cup Cheddar cheese. Roll tortillas around the cheese and bean fill and arrange enchiladas in the prepared baking dish, seam sides down.

### Step 5

Pour remaining cilantro salsa mixture over enchiladas and sprinkle with remaining 1 cup Cheddar cheese.

### Step 6

Bake in preheated oven until cheese is melted and sauce is bubbly, 20 to 30 minutes. Garnish with avocado, tomatoes, and sour cream.

### Nutrition Facts

**Per Serving:** 684 calories; protein 23.9g; carbohydrates 65g; fat 38.1g; cholesterol 68.7mg; sodium 1576.9mg.

© COPYRIGHT 2021 ALLRECIPES.COM. ALL RIGHTS RESERVED.

Printed from <https://www.allrecipes.com> 02/02/2021



**Oops! We cannot find any ingredients on sale near you. Do we have the correct zip code?**