



BLACK BEAN & RICE ENCHILADAS ENCHILADAS DE ARROZ Y FRIJOLES

SERVINGS 8
PREP TIME 40 min
COOK TIME 30 min

INGREDIENTS

- 1 tablespoon olive oil
- 1 green pepper, chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes and green chiles
- 1/4 cup Red Hot Sauce
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper flakes
- 2 cups cooked brown rice
- 8 flour tortillas (6 inches), warmed
- 1 cup salsa
- 1 cup shredded reduced-fat cheddar cheese
- 3 tablespoons chopped fresh cilantro leaves

DIRECTIONS

1. Preheat oven to 350°. In a large nonstick skillet, heat oil over medium heat. Add green pepper, onion and garlic; saute until tender. Add next six ingredients; bring to a boil. Reduce heat; simmer, uncovered, until heated through.
2. Add rice; cook 5 minutes longer.
3. Spoon a rounded 1/2 cup of rice mixture down center of each tortilla. Fold sides over filling and roll up. Place seam side down in a 13x9-in. baking dish coated with cooking spray. Spoon remaining rice mixture along sides of dish. Top tortillas with salsa.
4. Bake, covered, for 25 minutes. Uncover; sprinkle with cheese. Bake until cheese is melted, 2-3 minutes longer. Sprinkle with cilantro before serving.
5. Enjoy!

