Bean Enchiladas

Ingredients
- 1 tbsp. olive oil
- 1 onion, diced
- 1 packet chili spice mix
- 1/4 cup water
- 1 large can diced tomatoes
- 1 can kidney beans, drained
- 1 can black beans, drained
- 1 green pepper, diced
- 1 red pepper, diced
- 8 – 10 small corn or flour tortillas
- 2 cups grated low fat cheese

Making it
1. Pour olive oil in a non-stick pan and heat on medium heat
2. Add onions and cook for 5 minutes. Add chili powder and water
3. Stir in ¾ can of tomatoes, remaining vegetables and beans. Reduce heat and simmer, partially covered, for 15 – 20 minutes until the vegetables and beans are cooked through and the sauce is thick.
4. Whilst the beans are cooking, Preheat the oven to 400 degrees. Soften the corn tortillas in the microwave, 3 at a time, for about 25 seconds. Fill them with a few tablespoons of filling, roll once, and place seam-side down in a large baking dish or 2 smaller baking dishes.
5. Cover the enchiladas with the remaining ¼ can diced tomatoes and bake for about 10 minutes. Remove from the oven and sprinkle with the grated cheese. Return to the oven for another 10 minutes.
6. Remove from oven and serve with salad and guacamole

NUTRITION FACTS
Servings: 4
PER SERVING
Calories (kcal): 633
Fat (g): 11
Carbohydrate (g): 93
Fibre (g): 25
Protein (g): 38

TIPS & HINTS
The corn tortillas will break apart if they aren’t warmed up prior to rolling. The flour tortillas will not need to be heated before rolling as they are flexible.