Black Bean & Green Chile Enchiladas

40 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

We're rolling sauteed red peppers, spiced black beans, rice and red enchilada sauce up with monterey jack in a corn tortilla. Smothered with our signature green chile sauce and baking to perfection, it takes black bean enchiladas from good to great.

Getting Organized

EQUIPMENT
- Medium Saucepan
- Casserole Dish

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS
- Mexican Cheese
- Black Beans & Chipotles
- Rice
- Seasoned Veggies
- Corn Tortillas
- Green Chile Crema

Add Protein Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips *(flake the salmon, leave shrimp whole)* and layer into the enchiladas before baking in step 5.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat *(high for steak.)* When the oil is hot, cook the protein until the:
CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.
STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.
SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.
SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 640 Calories, 22g Fat, 87g Carbs, 24g Protein, and 19 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Corn Tortillas, Green Chile Sauce, Black Beans, Red Bell Pepper, Monterrey Jack, White Rice, Red Enchilada Sauce, Corn, Yellow Onion, Sour Cream, Carrot, Cilantro, Orange Juice, Chipotles in Adobo, Lime, Tomato Paste, Vegetable Stock, Ancho Chile, Garlic, Paprika, Cumin, Coriander, Oregano

meez meals

1. **Get Organized**
   Preheat the oven to 375. Bring a medium saucepan of water to a boil. Spray or brush a casserole dish with oil.

We recommend 8"x"8 or similar sized dish.

2. **Cook the Rice**
   Add the ***Rice*** to the boiling water and cook until tender, about 15 minutes. Drain and set aside in a colander.

3. **Cook the Veggies**
   Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the ***Seasoned Veggies*** and 3 Tbsp water. Cook, stirring frequently, until the red peppers and carrots soften, about 4 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well and set aside.

4. **Create the Enchiladas**
   Mix two-thirds of the ***Cheese*** with the ***Black Beans & Chipotles*** in a mixing bowl Wrap the ***Corn Tortillas*** in a moist paper towel and microwave until pliable, about 20 to 30 seconds.

   Layer each tortilla with the rice and seasoned veggies, followed by the beans and cheese**.** Once filled, roll the tortillas to close and place, seam-side-down, in the oiled casserole dish. Cover with the ***Green Chile Crema*** and sprinkle with the remaining cheese. Bake until the tortillas start to crisp and cheese starts to brown, about 15 minutes.

5. **Put It All Together**
   Allow the enchiladas to rest for 5 minutes. Enjoy!

Instructions for two servings.