



# ***Cheesy Beef and Beans Enchiladas***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

1 pound lean ground beef  
1 small onion, finely chopped  
1-15 ounce can kidney beans, drained and rinsed  
1-15 ounce can petite diced tomatoes  
1/3 cup grated parmesan  
1 teaspoon dried oregano  
1-1/3 cup shredded cheddar jack cheese  
2 cups enchilada sauce (canned or *recipe below*-preferred!)  
Salt and pepper  
1 dozen corn tortillas

---

## ***Directions***

Brown ground beef lightly in a large skillet. Drain fat. Add onion and cook a few minutes more until onion is soft and beef is brown. Add beans, tomatoes, parmesan, and oregano. Combine, taste, and salt & pepper, as needed.

Spray 9×13 baking dish with cooking spray. Cover bottom with about 1/2 cup enchilada sauce. Assemble the enchiladas: place tortilla on a plate. Spoon 1/4-1/3 cup filling along middle. Wrap tortilla around filling and place it seam side down into baking dish. Repeat with remaining tortillas and filling. When finished, spoon remaining enchilada sauce on top of filled tortillas (be sure to coat all exposed tortilla surfaces to keep them moist while cooking). Sprinkle shredded cheese on top. Cover with foil and bake for 20 minutes. Uncover and return to oven for 5 minutes until cheese melts and dish is bubbly.

Serve with salsa, guacamole or sliced avocado, plain Greek yogurt (or light sour cream). Enjoy!!

### ***Enchilada sauce (makes 2-1/2 cups)***

1/4 cup canola oil  
2 tablespoons flour  
2 tablespoons chili powder  
1-8 ounce can tomato sauce  
1-1/2 cups chicken broth  
1/2 teaspoon cumin  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder

*½ teaspoon salt*

*Heat oil in medium saucepan. Whisk in flour and chili powder. Reduce heat to medium and continue to whisk until lightly brown. Gradually whisk in tomato sauce, chicken broth, cumin, garlic and onion powders, and salt. Stir until smooth, and continue simmering over medium heat about 10 minutes until slightly thickened.*