

Chipotle and Tomatillo-Sauced Black Bean Enchiladas

Serves 3-5

2 tsp. canola oil
1 small onion, diced
1 red bell pepper, diced
2 cloves garlic, minced
2 cans black beans, drained and rinsed
3/4 cup vegetable or chicken broth
3/4 tsp. chili powder
1/2 tsp. cumin
1/2 tsp. oregano
1/4 tsp. cayenne
1 bay leaf
3 oz. baby spinach
2 oz. cream cheese, softened (lowfat is fine)
10-11 corn tortillas
2 batches Chipotle salsa with pan-roasted tomatillos* or enchilada sauce of your choice
1/2 cup shredded Monterey Jack, Mexican blend, or any other cheese of your preference

Preheat the oven to 350.

Heat the canola oil in a skillet over medium heat. Add the onion, bell pepper, and garlic and sauté until tender. Add the beans, broth, chili powder, cumin, oregano, cayenne, bay leaf, and salt and pepper to taste. Bring to a boil and then reduce to low heat, simmering for about 10 minutes and stirring occasionally.

Stir in the spinach and let it wilt. With the back of a wooden spoon, mash some of the black beans to thicken the mixture. Off the heat, stir in the cream cheese. Season the mixture with salt and pepper, if necessary.

Meanwhile, spray/brush the tortillas with oil, stack in twos, and place in the oven until soft and pliable, about 3-4 minutes.

Spoon a little bit of the salsa over the bottom of a baking dish.

Make the enchiladas by spooning some of the bean mixture into each warmed tortilla, rolling them up, and placing them seam side down in the prepared baking dish. Top the enchiladas with the salsa, and then with the Monterey Jack cheese. Cover with foil and bake for 20-25 minutes. Remove the foil and bake for another 5 minutes until cheese is melted and bubbly.

*Recipe: <http://ellysaysopa.com/2009/08/30/chipotle-salsa-with-pan-roasted-tomatillos/>
I made one batch of salsa, which was not quite saucy enough. I think 1.5 would be enough, but why not just make 2 and have some extra for chips? :)