

Black Bean Enchiladas



Ingredients

- 1 small yellow onion (or 1/2 large onion), diced small
- 1 sweet bell pepper, diced small
- 1 (16-ounce) can black beans, drained and rinsed
- 1 cup frozen corn kernels
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 1 1/2 cups shredded Monterey Jack, colby, or other melting cheese, divided
- 2 (16-ounce) jars salsa, any kind

Info

- **Prep:** -
- **Cook:** -
- **Serves:** 6-8
- [Source](#)

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Rate

- 12 to 15 medium (6-inch or so) flour tortillas
- Optional: 1 cup leftover meat or extra veggies — chicken, pork, hamburger, beef, baked tofu, or roasted vegetables

Directions

1. Place the onion, bell pepper, black beans, corn, chili powder, cumin, salt, 1/2 cup of the cheese, and meat (if using) in a medium bowl and stir to combine. Spread about 1 cup of the salsa over the bottom of a 6-quart (or larger) slow cooker, enough to evenly coat the bottom with a bit of sauce.
2. Fill each of the tortillas with about 1/3 cup of the filling, roll them up as tightly as you can, and pack them seam-side down in a single layer into the bottom of the slow cooker. Don't worry if some filling falls out — just tuck it back in once you've set the tortilla down.
3. When you complete the first layer (you will make 3 layers), spread about another cup of salsa over the top and sprinkle with about 1/2 cup of the remaining cheese. Continue rolling the remaining tortillas with the remaining filling to make one more layer; if you have leftover filling, sprinkle this over the top. Finish by pouring the 1 cup of the salsa evenly over the top of the enchiladas. Reserve the last 1/2 cup of cheese to add later.
4. Cover and cook on HIGH the setting for 2 to 4 hours. In the last 15 minutes of cooking, sprinkle the remaining 1/2 cup of cheese over the top, re-cover the slow cooker, and finish cooking. Serve the enchiladas with any remaining salsa.

[mexican](#), [bell pepper](#), [black beans](#), [beans](#), [corn](#), [cheese](#), [salsa](#), [tortillas](#), [vegetarian](#), [slow cooker](#)

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