

# Vegetarian Butternut Squash and Black Bean Enchiladas

PREP TIME:  
20 mins

COOK TIME:  
1 hr 10 mins

TOTAL TIME:  
1 hr 30 mins

COURSE: Dinner  
CUISINE: American

*Butternut squash, black beans, tomatoes, cilantro and spices are simmered in a skillet with green chilies and jalapeno, then wrapped in tortillas and baked in the oven with enchilada sauce and cheese – these vegetarian enchiladas are delicious!*

## Ingredients

- 1 cup red enchilada sauce (homemade or canned)
- 1 tsp olive oil
- 2 1/2 cups peeled butternut squash (cut 1/2-inch-dice)
- salt and pepper (to taste)
- 1 small onion (diced)
- 3 cloves garlic (minced)
- 1 jalapeno (seeded and diced)
- 10 oz can Rotel tomatoes with green chilies
- 1 1/2 cups reduced sodium canned black beans (rinsed and drained)
- 1/4 cup cilantro
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 cup water
- 8 medium low-carb whole wheat flour tortillas (I used La Tortilla Factory)
- 1 cup reduced-fat shredded Mexican cheese
- 2 tbsp chopped scallions (for garnish)
- reduced-fat sour cream (for serving (optional))

## Instructions

1. Preheat the oven to 400°F.
2. Place 1/4 cup enchilada sauce on the bottom of a large baking dish.
3. Heat olive oil over medium-high heat in large skillet. Add onions, garlic, and jalapeno and cook 2-3 minutes until onions become translucent and garlic is fragrant.
4. Add cubed butternut, Rotel tomatoes, black beans, water, cilantro, cumin and chili powder and season with salt and pepper to taste. Cover and cook over medium-low heat, stirring occasionally, until the squash is tender, about 30 to 35 minutes.
5. Place about a generous 1/3 cup filling in the center of each tortilla and roll, place on the baking dish seam side down. Repeat with the remaining filling.
6. Top with remaining enchilada sauce and cheese and bake, covered with foil until hot and the cheese is melted, about 10 minutes. Top with scallions and eat with sour cream if desired.

Serving: 1 enchilada, Calories: 185kcal, Carbohydrates: 29g, Protein: 13g, Fat: 6g, Cholesterol: 7.5mg, Sodium: 864mg, Fiber: 13g, Sugar: 2g



YIELD: 8 enchiladas



4.94 from 99 votes