

Easy cheesy enchiladas



Recipe credit

Oregon SNAP. OSU Extension Service

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About this recipe

Serves

8

Serving size

1 enchilada

Time to make

10 minutes preparation; 20 minutes cook time

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 2 cans (15 ounces each) pinto beans, drained and rinsed
- 1 cup salsa
- 1 ½ cups corn (fresh or frozen, or a 15-ounce can, drained and rinsed)
- ½ cup chopped mild green chiles (4-ounce can)
- ½ teaspoon garlic powder or 2 cloves garlic, finely chopped
- 1 ½ cups shredded cheese
- 8 whole wheat flour tortillas (10-inches) or 12 corn tortillas (6-inches)

- 1 can (15 ounces) enchilada sauce

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees. Lightly oil or spray a 9 x 13-inch baking dish.
3. Mix beans, salsa, corn, chiles, garlic and half of the cheese together in a bowl.
4. Warm each tortilla in a dry skillet and stack them on a plate.
5. Spoon about 1/2 cup of the bean mixture onto each tortilla.
6. Roll the tortilla and place seam-side down in the baking dish.
7. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.
8. Bake for 15-20 minutes, or until hot.
9. Refrigerate leftovers within 2 hours.

Tips and variations

- Substitute black beans or kidney beans for the pinto beans. Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.
- Try substituting cooked chicken or turkey for beans.
- Topping ideas: hot sauce, avocado, black olives, green onion, lettuce, radishes, or low-fat plain yogurt or sour cream.

Nutritional info

Calories

210

Total fat

6g

Saturated fat

2.5g

Cholesterol

15mg

Sodium

580mg

Total carbohydrates

30g

Dietary fiber

6g

Protein

9g

Total sugar

4g

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