

EASY BLACK BEAN ENCHILADAS

The Way...

Ingredients:

- *1 1/4 c. red enchilada sauce
- *2 c. cooked black beans
- *4 large sprouted grain tortillas
- *1 c. cheddar cheese or vegan cheddar cheese
- *Non-stick cooking spray

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Directions:

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1. Preheat oven to 350F. Lightly grease bottom of 9" x 13" baking dish.
2. Pour 1/4 c. of enchilada sauce in baking dish. Spread evenly.
3. Add 1/2 c. of black beans, 2 Tb. enchilada sauce, and 2 Tb. cheese to the center of a tortilla. Spread lengthwise and roll up tortilla. Place in baking dish, seam down. Repeat with three other tortillas.
4. Top with remaining enchilada sauce and cheese. Cover with foil and bake for 1 hour. Serves 4-6.

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