

Ingredients:

- 4 Large tortillas
- 1 Can black beans
- 1 Cup frozen vegetables
- 1/2 Cup grated cheese
- 1/4 Cup enchilada sauce (store bought or home made - see below)
- Salt & Pepper to taste

Enchilada Sauce:

- 400 ml Tomato Passata
- 1 Tbsp chilli powder
- 1 Tsp ground cumin
- 1/2 Tsp garlic powder
- 1/4 Tsp dried oregano
- 1/4 Tsp salt, to taste
- Pinch of cinnamon
- 1 Tsp sugar

Equipment:

- Pizza tray
- Spoon
- Knife
- Chopping board



Kiddy Cook

Veggie Enchiladas

Method:

1. If making your own enchilada sauce, combine all ingredients and whisk until well combined. Pour some of the enchilada sauce in the bottom of a deep baking dish
2. In a mixing bowl, mix the beans, vegetables, cheese and part of the sauce. Add salt & Pepper to taste and mix well
3. Spread some of the mixture down the middle of a tortilla
4. Fold the left side over the right side to make a wrap
5. Place it side down against the edge of the baking dish. Repeat with the remaining tortillas
6. Pour the remaining enchilada sauce over the enchiladas.
7. Sprinkle over the remaining grated cheese
8. Bake in a hot oven uncovered for about 20 minutes or until the cheese on top is golden.

Handy Hints:

Note: You could experiment with different fillings, just make sure that chicken, meat or fish is completely cooked before adding it to your enchiladas:

- Cooked sweet potato and black beans.
- Cooked chicken and or cooked meat, peppers and kidney beans
- Cooked rice & re-fried beans (store bought or home made)
- Lentils & mixed beans and spinach
- Beans & cooked mince beef (left overs of Chilli con Carne)

**Cost per
serving 70p**

