

Enchiladas

Meal Prep: (This can be done at home and individually bagged)

1. Cut Bell Peppers into strips or chop
2. Cut Onions into half moons or chop
3. Remove the liquid from the beans and rinse
4. Peel and Mince the Garlic



Instructions:

1. Over medium heat, heat the oil in a Dutch oven. Add peppers and saute for a few minutes until they are starting to soften. Add the onions and saute until the onions are soft and translucent. Add garlic, cumin, and salt, and saute 30 seconds, until fragrant. Remove from heat and transfer to a plate or bowl.
2. Take the chicken out of the can and shred or dice it with a knife and fork.
3. Coat the bottom of the Dutch oven with Enchilada sauce. There should be a lot of sauce left over.
4. Build the enchiladas by placing onions and peppers in a line the center of a tortilla. Add a few spoonfuls of black beans, shredded chicken, and top with cheese. Roll the tortilla around the fillings, then place the enchilada, seam side down, into the Dutch oven. Repeat until the bottom of the oven has one layer of enchiladas.
5. Cover the layer of enchiladas with a little sauce and cheese.
(Repeat steps 3 and 4 in a cross pattern until the oven is mostly full or there are no tortillas left)
6. Cook for 10min with medium heat or until the cheese is melted.
7. Serve with optional toppings if desired.

Ingredients:

4 people 6 people 8 people 10 people 12 people

Oil (Using cooking spray)	2 tbl				
Bell Pepper (red)	2	3	4	5	6
Onion (red)	1	1 ½	2	2 ½	3
Garlic Cloves (Real Cloves or already diced in a jar)	4	6	8	10	12
Enchilada Sauce (14oz Can or pouch)	14 oz	21 oz	28 oz	35 oz	42 oz
* Cheddar Cheese (Shredded)	2 cups	3 cups	4 cups	5 cups	6 cups
Black Beans (Can)	8 oz	16 oz	24 oz	32 oz	40 oz
* Chicken (Can)	8 oz	16 oz	24 oz	32 oz	40 oz
* Tortillas (Flour)	6	9	12	15	18

Spices:

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Cumin	1 $\frac{1}{2}$ tbl	2 tbl	2 $\frac{1}{2}$ tbl	2 tbl
Salt	2 tsp	3 tsp	4 tsp	5 tsp

Optional Toppings:

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Jalapeno (sliced)	1	1 ½	2	2 ½	3
Cilantro (Bunch)	1	1	1	1	1
Limes (Quartered)	1	1 ½	2	2 ½	3

Substitutions: