

VEGGIE BEEF enchiladas

Ingredients:

2 beef patties **OR** 1/2 pound lean ground beef
2 cloves garlic, chopped small
1 onion, chopped
1 red pepper, chopped
1 yellow pepper, chopped
1 small zucchini, chopped
1 can corn, drained
1 can black beans, rinsed and drained
2 packs Old El Paso cooking sauce **OR** 2 small cans (10 oz.) enchilada sauce
Whole wheat tortillas

Sour cream-type sauce

1 Small container plain yogurt
Juice from ½ lime **OR** 1 tsp bottled lime juice
2 Tsp. chili powder

Directions:

1. Put beef in skillet and brown/crumble over medium high heat. Remove beef from skillet and set aside for later.
2. Add garlic, onion, peppers and zucchini to skillet. Cook until soft.
3. Add corn, black beans, cooked beef and 1 pack of sauce to skillet with veggies. Mix and cook until heated through.
4. Microwave tortillas for a few seconds to soften.
5. Put 2 large spoons of veggie beef filling in each tortilla. Roll and place in greased 9x13 baking dish or other oven safe dish.
6. Spread other pack of sauce over rolled tortillas.
7. Cover with foil and bake 20 minutes at 350 F.
8. Optional - mix ingredients for sour cream-type sauce in a small bowl and put a spoonful on each cooked tortilla. Enjoy!

Nutrition Facts Per Enchilada:

Calories: 308 · Total Fat: 7 grams · Total Carbohydrate: 51 grams · Total Fiber: 6 g
Total Protein: 12 grams · Vitamin C: 69% Daily Value · Dietary Fiber: 26% Daily Value

