

Double & Freeze

Bean and Cheese Enchiladas



Ingredients:

1 cup uncooked brown rice
3 tablespoons olive oil
2 yellow onions
2 jalapeño peppers
2 teaspoons cumin

2 (15 oz) cans black beans
16 ounces Monterey jack cheese, shredded
Salt + pepper, to taste
1 (28 oz) can red chili enchilada sauce
16 tortillas
Cilantro

Steps:

- 1) Prepare brown rice according to package instructions. Set aside.
- 2) Preheat oven to 400°F.
- 3) Dice the yellow onions and jalapeño peppers.
- 4) Heat the olive oil in a large skillet over medium-high heat. Sauté the onions and peppers until browned, 5-7 minutes. Sprinkle the cumin on top and cook a couple minutes longer. Remove from heat and add to a large bowl.
- 5) Drain and rinse the black beans. Add to the bowl of vegetables. Add the cooked rice, salt, pepper and half of the cheese. Stir.
- 6) Cover the bottom of each pan with enchilada sauce. Reserve the rest for later.
- 7) Scoop some filling into a tortilla, roll it up and place it in the pan. Repeat for the remaining tortillas until each pan has 8 filled tortillas. Cover with the rest of the sauce.
- 8) Sprinkle the remaining cheese on top. Bake one of the pans for 15 minutes, until sauce is bubbly and cheese is melted. Serve warm and garnished with cilantro.
- 9) Cover the other pan with aluminum foil and freeze. Thaw overnight before baking.