

Skillet Veggie Enchiladas



TOOLS

Mixing bowls
Measuring tools
Mats
Wavey Choppers
Skillet
Large spoon
Induction burner
Clam shells

Ingredients

1 tablespoon olive oil
1 small onion, chopped
1 red bell pepper seeds removed and chopped
1 small zucchini chopped

2 cloves garlic minced
1 cup fresh or frozen corn
15 oz black beans canned, rinsed and drained
1 tablespoon chili powder
1 teaspoon ground cumin
1/2 teaspoon paprika
1 teaspoon salt
1/4 teaspoon black pepper
1 juice of lime
20 oz red enchilada sauce
8 corn tortillas cut into thick strips
2 cups shredded cheddar cheese or Mexican blend cheese, divided

Instructions

In a large skillet, heat the olive oil over medium high heat. Add the onion, red pepper, and zucchini. Sauté for 4 to 5 minutes, or until vegetables are tender. Stir in the garlic and cook for an additional minute.

Stir in the corn, black beans, chili powder, cumin, paprika, salt, pepper, and lime juice. Pour in half of the enchilada sauce and stir. Add the tortilla strips and stir. Pour in the remaining enchilada sauce and stir until all of the tortilla strips are covered in sauce. Cook for 2 to 3 minutes or until the sauce thickens a little. Add in 1 cup of the shredded cheese and stir until the cheese is melted in. Top with the remaining 1 cup of shredded cheese.