



Black Bean Enchiladas (Vegetarian)



Ingredients

1 cup low fat sour cream or yogurt
2 cans black beans, rinsed, & drained
Cooked Quinoa (optional)
2 cup thawed frozen corn or canned (drained)
8 flour tortillas or 12 corn tortillas
1 cup shredded Monterey Jack or Cheddar cheese
2 cup Garlic Festival Foods Spicy or Mild Salsa
cooking spray

Directions

Preheat oven to 350°. Chop chilies and mix with sour cream or yogurt. Chop 1 can of beans in food processor until finely chopped. Add chopped beans, whole beans & corn to yogurt. Also add 1 C quinoa (optional). Spoon bean mixture down the center of tortillas and roll up placing seam side down in a baking dish sprayed with cooking spray. Spread the Garlic Festival Salsa over the top. (Spicy salsa will make very spicy enchiladas). Sprinkle with cheese, cover and bake for 20-30 mins.

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Products In This Recipe



Spicy Garlic Salsa (8.5 oz.)

★★★★★ 7 Review(s)

Price: \$4.50

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Mild Garlic Salsa (8.5 oz.)

★★★★★ 5 Review(s)

Price: \$4.50

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