

QUICK ENCHILADAS



INGREDIENTS:

- 4 Corn Tortillas
- 1/2 cup ground turkey, beef, chicken, or tofu
- 1/4 cup of each: black beans, jasmine rice, fat free cheese

Sauce:

- 1/2 tsp minced garlic
- 1/2 cup canned tomato sauce
- 2 tbsp vegetable broth
- 1 - 2 tbsp crushed cherry peppers
- Dash of each: chili powder, ground cumin, salt, black pepper

Toppings:

- 1/4 of each: fat free cheese, veggies, salsa
- 2 oz avocado, cubed

DIRECTIONS:

- 1) Preheat Oven to 350°F
- 2) Precook rice and meat
- 3) Add cooked meat to a plastic sealable bag. Add seasonings of choice, seal the bag with a little air inside, and mix around in the bag to coat the meat
- 4) Heat corn tortillas on a plate with a damp paper towel on top for 20 seconds in the microwave
- 5) To each tortilla, scoop 2 tbsp meat, 1 tbsp cheese, 1 tbsp rice, and 1 tbsp black beans inside
- 6) Roll each tortilla and line them up in a small glass baking dish (the closer the better so they don't come apart)
- 7) Mix all sauce ingredients together in a bowl. Pour sauce over tortillas
- 8) Top with fresh salsa, remaining cheese, and 3 tbsp of the chopped veggies.
- 9) Bake for about 10 minutes, until the cheese is melted and tortillas just start to brown.
- 10) Remove the oven and top with avocado, remaining veggies, and fresh cilantro (optional). Enjoy

Makes 2 Serving | Serving Size: 2 Enchiladas

Calories: 369 | Protein: 24 g | Carbs: 44 g | Fat: 12 g | Fiber: 8 g