



# CHEESY BEAN ENCHILADAS

with DIY Guacamole

VEGGIE

SPICY



## HELLO

### ENCHILADA SPICE BLEND

This blend is full of roasted spices that are nutty, earthy and a bit spicy!

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 909



Kidney Beans



Flour Tortillas, 6"



Red Onion, sliced



Garlic



Diced Tomatoes



Enchilada Spice Blend



Chipotle Powder



Lime



Cheddar Cheese, shredded



Avocado



Cilantro



## BUST OUT

- 9x13" Baking Dish
- Measuring Spoons
- Garlic Press
- Small Bowl
- Strainer
- Zester
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil

## INGREDIENTS

2-person

- Kidney Beans 1 can
- Flour Tortillas, 6" 1,4,9 6
- Red Onion, sliced 113 g
- Garlic 10 g
- Diced Tomatoes 1 can
- Enchilada Spice Blend 1 tbsp
- **Chipotle Powder** 🌶️ 1 tsp
- Lime 1
- Cheddar Cheese, shredded 2 ½ cup
- Avocado 1
- Cilantro 10 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.



## START STRONG

Preheat your **broiler** to high (to broil the enchiladas). In Step 3, use the following heat guide to determine what spice level you prefer: add ⅛ **tsp** for warm, ¼ **tsp** for hot and ½ **tsp** for spicy!



**1 PREP** Wash and dry all produce.\* Mince or grate the **garlic**. Zest, then juice **half the lime**. Cut the **remaining** lime into wedges. Drain and rinse the **beans**.



**4 ASSEMBLE** Spray or wipe a 9x13-inch baking dish with some **oil**. Place the **tortillas** on the counter. Divide the **bean mixture** between the tortillas. Roll each of the tortillas up to close. Place, seam-side down, in the prepared baking dish. Sprinkle the tops of the enchiladas with the **cheese**. Broil in the centre of the oven until the cheese melts, 3-4 min.



**2 COOK ONION** Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring occasionally, until softened, 4-5 min.



**5 MAKE SALAD** Meanwhile, roughly chop the **cilantro**. Peel and cut the **avocado** into ½-inch cubes. In a small bowl, use a fork to mash together the **lime juice**, avocado and cilantro. Season with **salt** and **pepper**.



**3 COOK BEAN MIXTURE** Add the **beans**, **lime zest**, **enchilada spice blend**, **diced tomatoes**, **garlic**, ¼ **cup water** and ¼ **tsp chipotle powder** to the pan. (**NOTE:** Reference chili spice guide in Start Strong to increase spice level if you prefer!) Cook until **bean mixture** slightly thickens, 7-8 min. (**TIP:** You want the mixture to be a scoopable consistency.)



**6 FINISH AND SERVE** Divide the **enchiladas** between plates, then dollop the **guacamole** over top.

## YUM!

Creamy DIY guacamole is the perfect topping for these warm and cheesy enchiladas.