



# Easy Cheesy Vegetarian enchiladas

## Ingredients

1. Olive oil or canola oil.
2. 1x 400g tin black beans, drained.
3. 1 carrot peeled and grated.
4. 1x 400g tin kidney beans, drained.
5. 1 courgette, grated.
6. 2 Tbsp Mexican seasoning (or to your taste preference).
7. 510g tin of tomatoes.
8. 7-8 wholemeal tortillas or wraps.
9. 1 cup grated cheese  
Coriander, sliced spring onion and sour cream to serve.

## Directions

1. Preheat your oven to 180 degrees Celsius fan bake. Place a heavy based frying pan over a medium heat with a generous drizzle of oil. Once hot, sauté the carrot and courgette for 4-5 minutes.
2. Add the Mexican seasoning to the pan, along with the drained beans. Stir to combine, then add half of the tinned tomatoes and bring to a simmer. Cook while stirring for 5-7 minutes or until the vegetables are tender. Season with salt and pepper if required and set aside to cool slightly.
3. Spread a few spoonfuls of the remaining tinned tomatoes into the base of a baking dish, then warm the tortillas in the microwave for 20-30 seconds to make them more pliable.
4. One at a time, lay a tortilla on a board and spoon the bean mixture down the centre. Place the enchiladas into the baking dish, seam side down, and repeat with the remaining tortillas.
5. Spoon the remaining tinned tomatoes and bean mixture (if there's any remaining) over the top of the enchiladas, then top with the grated cheese. Cover and bake for 20-25 minutes or until the cheese has melted and the enchiladas are bubbling. Garnish with coriander and spring onion, then serve with low-fat sour cream and enjoy.

## Enjoy!

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