



Cheesy Black Bean Enchiladas

with Zesty Pico de Gallo



30-40min



2 Servings

We love ingredients that don't just taste good but are good for you too! Hearty black beans have a mild flavor and a creamy texture. But, these small legumes are also a powerhouse ingredient packing some serious protein and fiber. They are also loaded with vitamins and minerals like folate and magnesium.

What we send

- 1 bunch scallions
- garlic (use 1 large clove)
- 1 can black beans
- chorizo chili spice (use 3 tsp)
- 3 pieces sharp cheddar ⁷
- 1 shallot
- 6 (6-inch) corn tortillas
- 2 plum tomatoes
- ¼ oz fresh cilantro
- 1 lime

What you need

- kosher salt & pepper
- neutral oil
- all-purpose flour ¹
- 2 cups milk ⁷

Tools

- medium saucepan
- medium (1½-2 qts) baking dish

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 32g, Carbs 93g, Proteins 31g



1. Prep black bean filling

Preheat oven to 425°F with a rack in the center. Trim **scallions**, then thinly slice. Peel and finely chop **1 teaspoon garlic**. Drain **black beans**, then rinse well. In a medium bowl, stir to combine **beans**, **chopped garlic**, **all but ¼ cup scallions**, and **2 teaspoons chorizo chili spice**. Season to taste with **salt** and **pepper**. Set aside until step 4.



4. Assemble & bake

Wrap **tortillas** in a damp paper towel and microwave until softened, about 30 seconds. Arrange tortillas on a work surface. Divide **bean filling** among them, then tightly roll tortillas. Place in prepared baking dish, seam side down. Spoon **remaining cheese sauce** over top. Bake enchiladas on center oven rack until filling is bubbling and sauce is browned in spots, 10-15 minutes.



2. Prep sauce

Finely chop **all of the cheddar**. Peel and finely chop **all of the shallot**. Heat **1½ tablespoons oil** in a medium saucepan over medium. Add shallots and cook, stirring occasionally, until softened, about 3 minutes. Stir in **1½ tablespoons flour**, and cook, stirring, until toasted, about 1 minute.



5. Make pico de gallo

While **enchiladas** bake, core **tomatoes**, then cut into ½-inch pieces. Coarsely chop **cilantro leaves and tender stems** together. Squeeze **1 tablespoon lime juice** into a medium bowl, then cut any remaining lime into wedges. Add **tomatoes**, **chopped cilantro**, and **remaining scallions** to lime juice, stirring to combine.



3. Cook cheese sauce

Gradually whisk **2 cups milk** into saucepan. Add **1 teaspoon chorizo chili spice** and bring to a boil over medium-high, whisking frequently, until sauce is thickened, about 3 minutes. Remove from heat. Add **cheese**, stirring until melted. Season to taste with **salt** and **pepper**. Spoon **½ cup of the cheese sauce** into the bottom of a medium (1½-2 qt) baking dish.



6. Finish & serve

Remove **enchiladas** from oven and let sit for 5 minutes. Season **pico de gallo** to taste with **salt** and **pepper**. Serve **black bean enchiladas** topped with **pico de gallo**, and **lime wedges** on the side for squeezing. Enjoy!