

GROUND TURKEY BLACK BEAN ENCHILADAS

June 16

National Turkey Lovers Day




INGREDIENTS

- 1 Pound Ground Turkey Breast, Raw (no more than 15% fat)
- 15 Ounce Can Black Beans (drained; rinsed)
- ½ Cup Onion (finely chopped)
- 2 Cloves Garlic (minced)
- 14½ Ounce Can Diced Tomatoes (drained)
- 4 Ounce Can Green Chilies
- 1 Tablespoon Olive Oil
- 2 Teaspoons Chili Powder
- 1 Teaspoon Cumin
- 1 Teaspoon Smoked Paprika
- ½ Teaspoon Salt
- ½ Teaspoon Black Pepper
- 8 Tortilla, Soft, Flour (about 6"; enriched or whole grain-rich)
- 10 Ounce Can Enchilada Sauce (red or green)
- 1½ Cups Shredded Cheese, Cheddar, Monterey Jack, or Mexican Blend
- Fresh Cilantro (for garnish)
- Lime Wedges (for serving)

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add chopped onion and cook until softened, about 3 minutes. Stir in garlic and cook for 30 seconds until fragrant.
2. Add ground turkey and cook until browned, breaking it apart with a spatula.
3. Stir in chili powder, cumin, smoked paprika, salt, and black pepper.
4. Add black beans, diced tomatoes, and green chilies. Stir to combine and let simmer for 5 minutes.
5. Preheat the oven to 375°. Spread ¼ cup of enchilada sauce in the bottom of a 9×13-inch baking dish.
6. Fill each tortilla with the turkey and black bean mixture, roll tightly, and place seam-side down in the dish. Pour the remaining enchilada sauce over the rolled tortillas. Sprinkle shredded cheese evenly over the top.
7. Cover with foil and bake for 20 minutes.
8. Remove foil and bake for an additional 5 minutes, or until the cheese is melted and bubbly.
9. Garnish with fresh cilantro and serve with lime wedges.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

8 Enchiladas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Enchilada	1 Enchilada	1 Enchilada	2 Enchiladas