



JAN  
2017

## Cheesy Bean Enchiladas

with Honey-Lime Green Salad

This quick and easy number is guaranteed to put smiles on everyone's faces for dinner. Tasty packages of delicious spiced beans covered in rich tomatoes and goey melted cheese; what's not to like?



Kidney Beans



Tortillas



Cheddar Cheese



Carrot



Red Onion



Garlic



Avocado



Lime



Mexican Seasoning



Chipotle Chili Powder



Spring Mix



Honey



Vegetable Broth Concentrate



Diced Tomatoes

## Ingredients

		2 People
Kidney Beans		1 can
Flour Tortillas	1)	5
Cheddar Cheese	2)	1 pkg (½ cup)
Carrot		1
Red Onion, chopped		2 pkg (113 g)
Garlic		1 pkg (10 g)
Diced Tomatoes		1 can
Lime		1
Mexican Seasoning	3)	1 pkg (1 tbsp)
Chipotle Chili Powder 		1 pkg (1 tsp)
Spring Mix		1 pkg (85 g)
Honey		1 pkg (1 tbsp)
Vegetable Broth Concentrate		1 pkg
Avocado		1
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Sulphites/Sulfites

## Tools

Zester, Strainer, Grater, 8x8-inch baking dish, Medium bowl, Whisk, Large pan

Ruler

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**Nutrition per person** Calories: 936 cal | Fat: 32 g | Protein: 37 g | Carbs: 120 g | Fiber: 24 g | Sodium: 847 mg

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

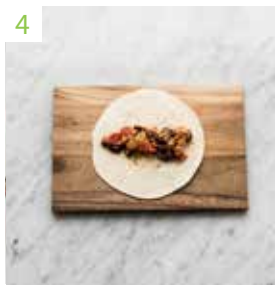
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**1 Preheat the broiler to high. (To broil the enchiladas.)**

**2 Prep: Wash and dry all produce.** Mince or grate the **garlic**. Coarsely grate the **carrot**. Zest, then juice the **lime**. Drain and rinse the **beans**.

4



**3 Make the filling:** Heat a large pan over medium heat. Add a drizzle of **oil**, then the **onion** and **carrot**. Cook until the veggies soften, 3-4 min. Add the **beans**, **lime zest**, **Mexican seasoning**, **broth concentrate**, **diced tomatoes**, **half the garlic** and as much **chipotle** as you would like. Cook until the sauce thickens slightly, 5-6 min. (**TIP:** You want the mixture to be a scoopable consistency!)

4




**4** Divide the mixture between **tortillas**. Roll up and place, seam-side down, in a lightly oiled 8x8-inch baking dish. Sprinkle the tops with **cheddar cheese**. Place in the centre of the oven and broil until the cheese is just melted, 1-2 min.

4



**5 Make the salad:** Halve, peel and dice the **avocado**. In a medium bowl, whisk the **lime juice**, **honey**, as much **remaining garlic** as you would like and a drizzle of **oil**. Add in the **spring mix** and **avocado**. Toss to combine. Season with **salt** and **pepper**.

**6 Finish and serve:** Serve the **enchiladas** with a side of **green salad**. Enjoy!

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