ENCHILADA SKILLET

SERVES: 6 | PREP TIME: 15 MIN | COOK TIME: 10-15 MIN

Ingredients

- 1 Tbsp oil (vegetable, canola, corn)
- 1 Tbsp minced garlic (1 clove fresh)
- 1/2 cup chopped red onion
- 1 cup chopped bell pepper
- 1 cup diced tomatoes (canned or fresh)
- 3 cups water
- 1 1/2 cups white rice
- 1/2 can (8 oz) black beans, drained and rinsed
- 1 Tbsp chopped cilantro
- 1 cup enchilada sauce
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp salt
- 1 tsp pepper
- 1/2 cup shredded cheese (optional)

Directions

1. Heat oil in a large skillet over medium heat. Add garlic and onion and stir until garlic is slightly golden and onion has softened.
2. Add pepper and sauté 2-3 minutes or until softened. Add tomatoes and sauté 1 minute. Remove veggies and set aside.
3. Pour water into skillet and wait for it to come to a boil. Add rice, stir, and cook for 12-15 minutes until rice is fluffier but still slightly tender.
4. Make a hole in the center of the rice, add sautéed veggies and black beans, and mix.
5. Add cilantro, enchilada sauce, chili powder, cumin, salt, and pepper, and stir. Cook for 3-5 minutes or until warmed through.
6. Add cheese on top (optional). Let sit on stovetop for about 3-5 minutes to melt, or stir in.
7. Allow to cool for 5 minutes. Garnish with desired toppings and enjoy. Store any leftovers in the fridge for up to 5 days.

Optional: corn or flour tortillas for serving; sliced avocado, sour cream, and cilantro for topping

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