

# Black Bean & Corn Enchiladas

## With Mango-Avocado Salsa

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This recipe features refreshing, summery flavors and a lighter enchilada experience, while still comforting and filling. This recipe features a green enchilada sauce instead of red, to set off the fresh flavors of the corn and cilantro. We're keeping it a little simpler this time, so if you have less than an hour to make a stunning home-cooked meal, this is for you!

### Beans & Corn Filling

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- 1 Tbsp Neutral Cooking Oil
- 4-6 Cloves Garlic (Minced or Pressed)
- 1 Jalapeño (Minced)
- 3 Green Onions (Diced)
- 1 Can of Whole-Kernel Corn (Drained)
- 1 Can of Black beans (Drained and rinsed)
- 1 tsp of Ancho Chili Powder
- Dash of Cayenne Pepper (Or your favorite hot sauce)
- Dash of Cumin
- 10 oz Can of Green Enchilada Sauce
- 7 oz Can of Salsa Verde (or you can just buy a jar and eat the rest with chips! It's nearly a cup of salsa)
- Salt to Taste
- Maybe a squeeze of lemon

Heat a large frying pan over a medium flame, then add oil and your **garlic, jalapeño** and **green onion**. Once it starts to make noise in the pan, only give it another minute or two, before adding your **spices**. (Don't add salt till the end) Another minute with the spices, then add your **corn** and **beans**. We're only going to cook this long enough for everything to combine and get hot.

While the beans are warming, combine the **green enchilada sauce** with the **salsa verde**.

(I added a bright green habanero hot sauce to mine, which accentuated the color and dialed up the heat!) Once the bean filling is hot, turn off the heat and add about a third of your green sauce mixture.

Test for saltiness. Add a little citrus if you want it more tangy.

### Assembly

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Preheat the oven to 350°.

Take about a third of your remaining sauce and spread it out on the bottom of a casserole dish.

Warm about **6 medium tortillas** (bigger than taco, but not the huge burrito ones) in the microwave. I like to rub just a touch of water on each one, put them in a stack and give them about a minute.

On each one, add enough filling to go the whole length of the burrito about an inch and a half wide. Roll those suckers up and place them in the pan with the loose edge of the tortilla tucked underneath. Place them all side by side, then top with the remaining sauce, making sure not to neglect the ends or they'll stick to the pan and make it harder to remove your enchiladas. No bueno.

Bake for about 20 minutes. While they're in the oven, go ahead and make your salsa (see below)

## Mango - Avocado Salsa

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- **1 Avocado** (slightly less ripe than you would use for guac works great here.)
- **Generous shake of salt**
- **1 Tbsp Lime juice** (Fresh tastes better)
- **1 Mango** (diced)
- **Half a bunch of cilantro** (or however much seems like the right amount to you, finely chopped)

Place your avocado chunks in a bowl and add the salt and lime juice. Stir it around until the chunks are well coated and have become kinda saucy.

Then add your mango and cilantro. You may not use the whole mango depending on its size, so start with half and then see if that's roughly the avocado to mango ratio you want. Add as needed. All done!

When your enchiladas are done, pull them out and let them sit for about 5 minutes. Place an enchilada or two on your plate, top generously with mango avocado salsa and dig in!