

15 Minute Beef Enchiladas

by SNAP-Ed Staff - October 12, 2020



Serves 8

 **Ingredients**

 **Directions**

 **Nutritional Information**



- Non-stick cooking spray
- 1 24-ounce can [chili](#) without beans
- 1 ½ cups canned refried beans, non-fat
- 2 cups low-fat Cheddar or Monterey jack [cheese](#), shredded
- 8 flour tortillas, large size

Preheat oven to 350 degrees F.

1. Spray a casserole dish with nonstick cooking spray.
2. In a medium-size saucepan, heat chili and refried beans until warm. Mix well.
3. Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese, and roll up.
4. Place side by side in prepared dish with seam side down.
5. Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
6. Bake for 10 minutes or until cheese has melted. Let stand 5 minutes before serving.
7. Garnish as desired.

Calories 310

Fat 17g

Protein 17g

Fiber 4g

Sodium 500mg

Carbohydrate 23g

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