

Turkey Black Bean Enchiladas

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-bean-enchiladas-recipe>

Ingredients:

- 7 tablespoons chili powder note that chili powders vary in strength, you may want to start with less and add more to taste
- 2 teaspoons ground cumin
- 1 teaspoon oregano crushed
- 1 teaspoon garlic powder
- 1 teaspoon cinnamon
- 1/8 teaspoon ground cloves
- 1 teaspoon sugar
- 2 teaspoons salt less if using salted stock
- 1/4 cup flour
- 2 tablespoons olive oil
- 2 cups turkey stock
- 1 tablespoon olive oil
- 1 onion medium, chopped
- 3 garlic cloves minced
- 2 jalapeño chili peppers 1 for mild, 2 or more for spicy, seeded, minced
- 3 cups turkey meat cooked, chopped
- 15 ounces black beans rinsed and drained
- 8 ounces Monterey Jack cheese grated, makes 2 cups grated cheese
- 1/4 cup chopped fresh cilantro
- 2 tablespoons lime juice can sub lemon juice
- 2 teaspoons salt or more to taste
- 16 flour tortillas depending on size and thickness
- red onion Chopped
- avocado Chopped
- chopped fresh cilantro
- sour cream or crema fresca
- ice
- vinegar
- lettuce

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 94 grams
3. Cholesterol: 40 milligrams
4. Fat: 33 grams
5. Fiber: 14 grams
6. Protein: 28 grams
7. SaturatedFat: 12 grams
8. Sodium: 3040 milligrams
9. Sugar: 8 grams

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