

Adapted from *Parents Magazine*, March 2010.



Goopy Enchiladas

2 t olive oil
1 small yellow onion, chopped
1 T garlic, minced
1 14-oz. can of diced fire-roasted tomatoes
1/2 t ground coriander
1/2 t ground cumin
1/2 t dried oregano
Pepper to taste
1/4 c chopped fresh cilantro
1/2 lb. ground chicken
1 15-oz. can black beans, rinsed and drained
6-8 tortillas
1/2 c cheddar cheese
1/2 c Colby Jack cheese

Preheat the oven to 350F. Heat oil in a large skillet. Add the onion and cook for 5 minutes, or until softened. Add the garlic and cook for a minute longer. Add the tomatoes, coriander, cumin, oregano, and pepper and cook for a few minutes longer. Next add the cilantro and cook for another two minutes.

In the meantime, brown the ground chicken and black beans in a separate skillet. Drain off any excess fat. Bake the tortillas for 5 minutes, wrapped in foil to warm.

Next place a 1/2 cup of the sauce into a greased 9x13 baking dish. Spoon desired amount of meat and beans into the tortilla shells, add cheddar cheese and roll-up. Place the enchiladas seam-side down in the baking dish and cover with the remaining sauce.

Bake uncovered for 15 minutes, remove and add Colby Jack cheese. Bake for another 5 minutes and serve warm. Garnish with green onions and fresh parsley.