

Thursday: Beef & Veggie Enchilada Skillet

Serves 5-6

Ingredients:

- 1 teaspoon extra virgin olive oil
- 1 red bell pepper, seeded then chopped small
- 1 yellow onion, chopped
- 1lb lean ground beef
- 2 garlic cloves, pressed or minced
- 1 teaspoon mild chili powder
- 1 teaspoon cumin
- salt
- 15oz can black beans, drained and rinsed
- 1 cup frozen sweet corn
- 8 gluten free white corn tortillas, chopped into squares
- 6oz shredded Mexican cheese blend
- Optional toppings: chopped red onion, chopped cilantro, chopped fresh tomato, diced avocado, shredded lettuce, sour cream, salsa, guacamole

For the Red Enchilada Sauce:

- 3 Tablespoons vegetable oil, or other neutral tasting oil
- 2 Tablespoons gluten free flour
- 3 Tablespoons chili powder, see notes
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- scant 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cumin
- 1/4 cup tomato paste
- 2 cups gluten free chicken broth or stock



Directions:

1. For the Red Enchilada Sauce: Heat oil in a small to medium-sized saucepan over medium heat. Add flour then whisk constantly for 1 minute. Add seasonings — chili powder through cumin — then whisk until they're toasted and very fragrant, 1-2 minutes. Add tomato paste then whisk until combined.
2. Slowly stream in chicken broth while whisking to create a smooth sauce then turn heat up to high to bring the sauce to a simmer, stirring frequently. Turn heat back down to medium then continue to simmer until the sauce has thickened, 3-4 minutes, stirring frequently. Set aside to cool slightly. Can be made up to 5 days ahead of time.
3. Preheat the broiler to high.
4. Heat the oil in a large, 11-12" oven-proof skillet over medium heat. Add peppers and



Directions (cont.):

onions then saute until they begin to soften, 5 minutes. Turn the heat up to medium-high then add the ground beef, chili powder, cumin, garlic, and a pinch of salt. Continue to saute until the beef is cooked through and the peppers are tender, 8-10 minutes, then drain beef mixture if necessary and add back into the skillet.

5. Add black beans, frozen corn, and prepared enchilada sauce to the skillet then stir to combine. Bring the mixture to a simmer then add chopped tortillas and fold to combine. Simmer until the tortillas are tender, 3-4 minutes, stirring often.
6. Remove the skillet from the heat then sprinkle the shredded cheese on top and broil until melted. Alternatively you can place a lid on top then allow the cheese to melt from the heat of the dish for several minutes. Scoop into bowls then serve with optional toppings.

Recipe Notes:

- Optional toppings are not in the shopping list, so decide on what you want to top these bowls with before going grocery shopping.
- To make the red sauce ahead: the red enchilada sauce can be made up to 5 days ahead of time. Cool to room temperature then pour into an airtight storage container with a lid (glass recommended as plastic will stain) and refrigerate.
- I use [Tone's Mild Chili Powder](#) to keep this on the low end of the heat scale – maybe 3 or 4 on a scale of 1-10 with 10 being ultra spicy. Use regular or hot chili powder to spice things up!
- For dairy-free: use your favorite dairy-free cheddar or Mexican-style cheese blend. We like [Violife vegan cheese shreds](#).