Black Bean & Corn Enchiladas
Crock Pot Cooking – February 2015

Ingredients:
- 15 oz can black beans, drained and rinsed
- 15 oz can corn, drained (or 2 cups frozen corn)
- 4 oz. can diced green chilies, drained
- 1 tsp ground cumin
- 1 tsp salt
- 2 cups shredded reduced fat cheddar cheese, divided
- 2 cups salsa
- 12 small whole wheat tortillas, warmed

Directions:

1. In a mixing bowl, mash the black beans with a potato masher or fork. Mix in the corn, and green chilies. Stir in the ground cumin and salt. Last, add 1 cup of the shredded cheese and combine well.
2. Add about 1 cup of salsa to the base of the slow cooker and spread evenly. Roll the bean-corn mixture into the warmed tortillas, dividing evenly. Place in the slow cooker, seam side down, nestled tightly together. Pour the other cup of salsa over the top. Sprinkle the remaining cheese on top.
3. Set the slow cooker on low and cook for 3 to 4 hours.
4. Serve with a side of rice and/or salad.

Notes: