



Total Time
120 MIN.

Serving & Size
SERVING(2 FILLED ENCHILADAS)

Difficulty
MEDIUM

Yields
9



A truly delightful vegetarian option, this dish is made with a mixture of black beans and roasted mushrooms filled in a corn tortilla and baked with a chipotle tomato sauce

Nutrition Facts	
Serving Size	SERVING(2 FILLED ENCHILADAS)
Amount Per Serving	
Calories 499	
% Daily Value	
Total Fat 11.1g	17%
Saturated Fat 2.2g	11%
Cholesterol 6mg	2%
Sodium 848mg	35%
Total Carbohydrate 84g	28%
Dietary Fiber 18.8g	75%
Protein 19.5g	39%
Vitamin A 15%	Vitamin C 63%
Calcium 24%	Iron 32%

INGREDIENTS

WEIGHT

MEASURE

olive oil		1/8 cups
onion, sliced	9 oz.	2 cups
garlic, peeled, whole, roasted	1 oz.	2 tbsp.
black beans, canned, rinsed, drained	47 oz.	4 1/2 cups
 Spicy Hot V8® Vegetable Juice		2 cups
oyster mushrooms	24 oz.	4 cups
kosher salt		1/2 tsp.
black pepper, ground		1 tsp.
whole roasted tomatoes, medium	24 oz.	3 cups
chipotle pepper, finely chopped		1 tbsp.
 Spicy Hot V8® Vegetable Juice		2 cups
black pepper		1 tsp.
olive oil		1/8 cups
corn tortilla, 6-inch		36 ea.
vegetable cooking spray, as needed		
cotija cheese, grated	2 oz.	1 cups
cilantro, chopped		1/4 cups



INSTRUCTIONS

To Prepare Filling:

1. In a large sauce pan heat olive oil. Add onions. Sweat until light brown. Add garlic. Cook for 3 minutes.
2. Add black beans. Cook for 10 minutes on low heat. Add V8® Spicy Hot Vegetable Juice. Simmer until reduced by half.
3. Fold in roasted mushrooms. Season with salt and pepper. Let mixture cool. Reserve.

To Prepare Sauce:

1. In separate pot, add tomatoes, chipotle and V8® Spicy Hot Vegetable Juice. Simmer for 30 minutes. Season with pepper.
2. Using a blender, puree tomato sauce mixture until smooth. Reserve. Keep warm.

To Assemble:

1. Lightly brush tortillas with olive oil. Warm tortillas slightly in a pan. Reserve. Keep warm.
2. Portion 2 1/2 tablespoons of the black bean mixture into the center of each warm tortilla. Tightly roll to seal. Repeat process
3. Using non-stick cooking spray, lightly oil casserole dish. Line with rolled tortillas
4. Ladle sauce evenly over top of each to coat each enchilada. Bake in a 350°F oven for 20-25 minutes.

CCP: Heat to a minimum internal temperature of 165°F for 1 minute.

To Serve:

1. To garnish, top with Cojita cheese and cilantro.
2. Using a serving spoon, portion 2 enchiladas onto plate. Serve immediately.