

Spicy Black Bean & Kale Enchiladas

with Cheddar Cheese

TIME: 45-55 minutes

SERVINGS: 2

A hearty duo of black beans and kale give tonight's vegetarian enchiladas plenty of satisfying flavor. The robust filling gets brightness from plump datterini tomatoes (a petite variety) and bold spice from chipotle chile paste—made from smoked, dried jalapeños. Greek yogurt, mixed right in with the vegetables before filling the tortillas, adds delicious creaminess to the enchiladas, all topped off with a layer of melty white cheddar. (Chefs, your kale may be green, red, or dark green Lacinato.)



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Ingredients



6
FLOUR TORTILLAS



1 14-oz can
DATTERINI
TOMATOES



1 ¼ cups
BLACK BEANS



2 cloves
GARLIC



2 oz
WHITE CHEDDAR
CHEESE



½ cup
PLAIN GREEK
YOGURT



1 bunch
KALE



1
LIME



1
RED ONION



1 bunch
CILANTRO



2 Tbsps
CHIPOTLE CHILE
PASTE

KNICK KNACKS:



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1 Prepare the ingredients:

- ☐ Preheat the oven to 475°F.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and thinly slice the onion.
- ☐ Peel and roughly chop the garlic.
- ☐ Remove and discard the kale stems; roughly chop the leaves.
- ☐ Drain and rinse the beans.
- ☐ Halve the lime crosswise.
- ☐ Grate the cheese on the large side of a box grater.
- ☐ Roughly chop the cilantro leaves and stems.



2 Start the filling:

- ☐ In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **onion** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened and fragrant.
- ☐ Add the **kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until wilted.

3 Finish the filling:

- ☐ To the pan, add the **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until fragrant.
- ☐ Add the **beans, tomatoes**, and **2 tablespoons of water**; season with salt and pepper. Cook, stirring frequently and smashing the tomatoes with the back of a spoon, 3 to 4 minutes, or until slightly thickened.
- ☐ Transfer to a large bowl. Stir in the **yogurt** and **the juice of both lime halves**. Season with salt and pepper to taste.



4 Assemble the enchiladas:

- ☐ Place the **tortillas** on a work surface.
- ☐ Spread **1 cup of the filling** into the bottom of a baking dish.
- ☐ Fill each tortilla with about $\frac{1}{3}$ **cup of the filling**; tightly roll up each tortilla around the filling.
- ☐ Transfer to the baking dish in a single layer, seam side down.
- ☐ Evenly top with the **remaining filling** and **cheese**. Season with salt and pepper.



5 Bake the enchiladas & plate your dish:

- ☐ Bake the **enchiladas** 9 to 11 minutes, or until lightly browned and the cheese has melted.
- ☐ Remove from the oven and let stand for at least 2 minutes before serving.
- ☐ Top with the **cilantro**.
- ☐ Divide between 2 dishes. Enjoy!