

# Bean Enchiladas

Serves: 4



Equipment:



Frying pan,  
chopping board,  
knife,  
baking dish,  
grater,  
wooden spoon,  
teaspoon

Ingredients:



- 1 tsp. oil
- 1 onion, diced
- 1 clove of garlic, diced
- 1 red pepper, diced
- 1 tsp. cumin,
- 1 tsp. paprika
- ½ tsp. chilli flakes (optional)
- 1 tin kidney beans
- 1 tin chopped tomatoes
- 1 tin sweetcorn
- 4 wholemeal tortilla wraps
- 300g tub passata



Method:



1. Heat the oven to 180°C/350°F/Gas mark 4.
2. Heat the olive oil in the frying pan, add the onions, pepper and garlic and cook for 5 minutes until soft.
3. Add the cumin, paprika, chilli flakes (optional), kidney beans, sweetcorn and chopped tomatoes and cook for a further 5-10 minutes.
4. Spread ¼ of the mixture over each tortilla wrap. Roll up and place seam side down in a baking dish.
5. Spoon the passata over the tortillas and sprinkle over the grated cheese. Bake for 20-30 minutes until golden brown.