

Pinto Bean Enchilada Filling



Ingredients

2 (approx 15oz) cans pinto beans, drained and rinsed or 1.5 dry cups

(To cook 1.5 dry cups, allow them to sit in boiling water for two minutes, then remove pot from heat and allow it to sit for an hour.

Drain and rinse to use in the recipe)

1 (10oz) can enchilada sauce or 1 can tomato sauce

1-2 tsp chili powder

½ tsp garlic powder

½ tsp onion powder

1 (4.5oz) can chicken, drained

1 (approx 15oz) can corn, drained

Instructions

1. Add beans, sauce, and spices to a small pot over medium heat. Simmer on low for 10-15 minutes, stirring occasionally.
2. Lightly mash about ⅓ of the beans to thicken the mixture.
3. Add a splash of water or broth if the mixture gets too thick,
4. Stir in the chicken and the corn, and heat through.
5. Layer into enchiladas, tacos, or enjoy on top of a burrito bowl!

