

# Pumpkin Black Bean Enchiladas

## Ingredients:

2 Tbsp avocado oil  
 1 ½ cups diced red onion  
 1 large red bell pepper, diced  
 2 cups chopped kale  
 ¼ tsp sea salt  
 2 (15-oz.) cans salt-free black beans  
 8 (8") whole wheat low carb tortillas

### Enchilada sauce

1 (14.5 oz.) can diced fire-roasted tomatoes  
 1 (15 oz.) can pumpkin purée  
 1/3 cup raw cashews  
 1 cup low sodium vegetable broth  
 2 tsp chili powder  
 2 tsp cumin  
 ¼ tsp sea salt  
 2 tbsps chipotle peppers in adobo



## Directions:

1. Preheat the oven to 350 degrees
2. For 4 ½ cups of enchilada sauce, add all ingredients to a high-speed blender and blend until creamy and smooth,
3. Heat oil in a large skillet over medium heat. Sauté onion for 2–3 minutes, then add bell pepper, kale, and salt; cook 4–5 minutes.
4. Stir in black beans, 3 cups enchilada sauce, and ¼ cup water. Bring to a simmer, then lower heat, cover, and cook 8–10 minutes.
5. To warm your tortillas, heat them in a single layer on the oven rack for 30–60 seconds, then wrap in a towel to keep warm. Alt: Wrap in a damp towel and microwave 30 seconds.
6. Spread ~½ cup sauce over the bottom of a 9×13-inch baking dish.
7. Fill each tortilla with ~½ cup filling, roll tightly, and arrange seam-side down in the dish.
8. Pour remaining sauce ~1 cup over the top. Bake 15–20 minutes until heated through and crackly.
9. Serve topped with sliced avocado and chopped cilantro (optional).

| Nutrition Facts               |                           |
|-------------------------------|---------------------------|
| 8 servings per container      |                           |
| <b>Serving size</b>           | <b>1 Enchilada (333g)</b> |
| <b>Amount per serving</b>     |                           |
| <b>Calories</b>               | <b>320</b>                |
|                               | <b>% Daily Value*</b>     |
| <b>Total Fat</b> 9g           | <b>12%</b>                |
| Saturated Fat 2g              | <b>10%</b>                |
| Trans Fat 0g                  |                           |
| <b>Cholesterol</b> 0mg        | <b>0%</b>                 |
| <b>Sodium</b> 330mg           | <b>14%</b>                |
| <b>Total Carbohydrate</b> 48g | <b>17%</b>                |
| Dietary Fiber 10g             | <b>36%</b>                |
| Total Sugars 7g               |                           |
| Includes 0g Added Sugars      | <b>0%</b>                 |
| <b>Protein</b> 12g            |                           |
| <b>Vitamin D</b> 0mcg         | <b>0%</b>                 |
| <b>Calcium</b> 90mg           | <b>6%</b>                 |
| <b>Iron</b> 3.1mg             | <b>15%</b>                |
| <b>Potassium</b> 640mg        | <b>15%</b>                |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.