

Gabrielle's Low-Fat Beef Enchiladas:



Ingredients:

For the Filling:

- 1 pound lean ground beef (or ground turkey for a lower-fat option)
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 bell pepper, diced
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Salt and pepper to taste

For the Enchilada Sauce:

- 1 can (15 ounces) low-sodium tomato sauce
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

For Assembly:

- 8 whole wheat or low-fat flour tortillas
- 1 1/2 cups reduced-fat shredded cheese (such as cheddar or Mexican blend)
- Chopped fresh cilantro (optional, for garnish)
- Non-fat Greek yogurt or low-fat sour cream (optional, for serving)

Instructions:

- Preheat your oven to 350°F (175°C).

- In a large skillet, cook the lean ground beef over medium-high heat until it's browned and cooked through. If using ground turkey, follow the same steps. Drain any excess fat.
- Add the chopped onion, minced garlic, and diced bell pepper to the skillet. Cook for 2-3 minutes until the vegetables are softened.
- Stir in the drained black beans, corn kernels, chili powder, cumin, salt, and pepper. Cook for an additional 2-3 minutes to heat everything through. Remove the mixture from heat.
- In a separate saucepan, combine the tomato sauce, chili powder, cumin, garlic powder, salt, and pepper. Heat the sauce over low heat, stirring occasionally, until it's warmed through.
- To assemble the enchiladas, spoon a portion of the beef and vegetable mixture onto each tortilla, then roll them up and place them seam-side down in a baking dish.
- Pour the warm enchilada sauce evenly over the rolled tortillas.
- Sprinkle the shredded cheese over the top of the enchiladas.
- Cover the baking dish with aluminum foil and bake for about 20-25 minutes, or until the cheese is melted and the enchiladas are heated through.
- If desired, garnish the enchiladas with chopped cilantro and serve with non-fat Greek yogurt or low-fat sour cream on the side.
- These low-fat beef enchiladas are a healthier option without sacrificing flavor. Feel free to adjust the ingredients and seasonings to suit your taste and dietary preferences.
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