



CULINARY LEARN AND SHARE

Enchilada Pizza

Yield: 1 serving

Prep. Time: 10 min.

Cook Time: 10-12 min.

Ingredients

- 1 flour or corn tortilla – taco or fajita size
- 2 Tbsp. canned black beans, drained
- 8-10 thin slices, raw sweet red pepper
- Powdered cumin to taste
- Powdered Ancho chili powder to taste
- ¼ cup shredded cheddar cheese

Variations:

Cheeses: Monterey jack, Mexican blend or vegan cheese

Beans: any canned or cooked, small bean, drained

Vegetables: add your favorite!

Eg. black olives-sliced, spinach, tomato slices, raw/cooked onions, corn

Spicy: sprinkle with red pepper flakes or finely chopped green chili of choice

Directions

Conventional oven or toaster oven

Preheat oven to 450°F (230 °C). If toaster oven does not have numbered temperature settings, select Bake. You may need to extend baking time.

Place tortilla shell on small baking pan.

Spread black beans evenly on tortilla shell.

Sprinkle with cumin, Ancho chili powder, or other spices to taste.

Spread cheese evenly over black beans then spread pepper slices evenly over cheese.

Bake at 450°F (230 °C) for 5-10 minutes, until cheese is fully melted.

Remove from oven, let cool for 1-2 minutes. Cut into 2-4 pieces and enjoy!

Recipe Source: RWJ Barnabas Health & MEDPRO



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