Black Bean Quinoa Enchilada Skillet

One 12-inch/30 cm skillet; 4 portions | Active 25 min | Cook 35 min | Total 60 min

Ingredients

- 1 tablespoon olive oil (15 ml/14 g)
- 1 medium onion (180 g), diced
- 1 red bell pepper (180 g), seeded and diced
- 2 garlic cloves (6 g), minced
- 2 teaspoons ground cumin (4 g)
- 2 teaspoons smoked paprika (4 g)
- 1 tablespoon tomato paste (16 g)
- 1 can crushed tomatoes (14 oz/400 g)
- 1 1/2 cups low-sodium vegetable broth (360 ml/360 g)
- 3/4 cup dry quinoa (140 g), rinsed
- 2 cans black beans (15 oz/425 g each), drained and rinsed (510 g total drained)
- 1 1/3 cups frozen corn kernels (200 g)
- 4 small corn tortillas (25 g each; 100 g total), cut into sixths
- 1 cup grated Monterey Jack cheese (112 g)
- 3/4 teaspoon fine salt (4.5 g)
- 1 tablespoon lime juice (15 ml/15 g)

Set out

12-inch/30 cm deep ovenproof skillet with lid, Fine-mesh sieve, Wooden spoon, Oven mitts, Instant-read thermometer

Allergens

Milk, Check tortillas and broth for additional allergens. Check labels and substitutions.

Make it

1. Heat oil in the ovenproof skillet over medium heat. Cook onion and bell pepper for 6–7 minutes until softened. Add garlic, cumin, paprika and tomato paste; stir 1 minute.

2. Add crushed tomatoes, broth, quinoa and salt. Bring to a simmer, cover, reduce heat to low and cook 15–18 minutes, until quinoa is nearly tender. Stir once halfway and add a little hot water if the base catches.

3. Stir in black beans and corn. Simmer uncovered for 4–5 minutes, or any longer full preparation required by the frozen-corn packet, until quinoa is tender and corn is thoroughly cooked. Stir in lime juice. The mixture should be saucy; add 2–4 tablespoons water if stiff.

4. Heat the broiler/grill to high with a rack 6 inches/15 cm from the element. Fold tortilla wedges gently into the skillet, leaving some edges visible. Scatter cheese evenly over the top.

5. Broil for 2–4 minutes, watching constantly, until cheese melts and takes on golden spots. Check that the center reaches 165°F/74°C. Rest 5 minutes and divide into four equal portions. Keep the hot skillet handle covered with an oven mitt.

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Estimated nutrition per serving

Calories: 610 kcal | Protein: 29.4 g | Carbohydrate: 92.0 g | Fat: 16.8 g | Fiber: 20.4 g. One of 4 servings. Batch yield: One 12-inch/30 cm skillet; 4 portions. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Keep the grain measurement honest

The quinoa amount is dry, not cooked. If using leftover cooked quinoa, replace it with about 2 cups/370 g cooked and reduce broth to 1/2 cup/120 ml, then simmer only long enough to combine the sauce before adding beans. That shortcut changes the method and should not be treated as an interchangeable cup measure.

A useful detail

Use an ovenproof skillet and handle. If yours is not broiler-safe, cover the pan over low heat for 3–5 minutes instead, until the cheese melts and the center reaches 165°F/74°C, extending the heat as needed.

Another way

Replace black beans with 510 g drained canned pinto beans for a softer bean texture.

For a dairy-free version, omit cheese and serve each portion with 50 g diced avocado; this is a separate version with different nutrition.

Keep it well

Refrigerate in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Keep up to 3 days or freeze up to 2 months. Reheat covered to 165°F/74°C with 1–2 tablespoons water per portion. Transport chilled in an insulated bag with two cold sources and refrigerate on arrival.