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Red Veggie Enchilada with Brown Rice & White Beans ♦

This delicious and healthy vegetarian enchilada recipe is packed with flavor and nutrients. The red sauce adds a tangy and spicy kick, while the brown rice and white beans provide a hearty and satisfying base. It's a perfect option for a vegetarian dinner or lunch.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

2 c	red enchilada sauce
1 c	Brown Rice
1 c	White Beans

8 pieces	tortillas
1 c	Cheddar Cheese
1 pieces	Red Bell Pepper
1 pieces	Green Bell Pepper
1 pieces	red onion
2 cloves	garlic
1 tsp	Cumin
1 tsp	Chili powder
1 tsp	Salt
1 tsp	Black pepper
2 tbsp	Olive oil
2 tbsp	fresh cilantro
1 pieces	Lime

Directions

Step 1

Boiling

Cook the brown rice according to package instructions.

Prep Time: 5 mins

Cook Time: 25 mins

Step 2

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Sautéing

In a large skillet, heat olive oil over medium heat. Add red onion, garlic, red bell pepper, and green bell pepper. Cook until vegetables are tender, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stirring

Add cumin, chili powder, salt, and black pepper to the skillet. Cook for 1 minute, stirring constantly.

Prep Time: 1 mins

Cook Time: 1 mins

Step 5

Stirring

Add white beans to the skillet and cook for another 2 minutes, until heated through.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Preparation

In a baking dish, spread a thin layer of enchilada sauce on the bottom. Place a tortilla on a clean surface and spoon some of the vegetable mixture onto the center. Roll the tortilla tightly and place it seam-side down in the baking dish. Repeat with the remaining tortillas and vegetable mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Sprinkling

Pour the remaining enchilada sauce over the rolled tortillas. Sprinkle cheddar cheese on top.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Baking

Bake in the preheated oven for 20 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 20 mins

Step 9

Plating

Garnish with fresh cilantro and serve with lime wedges.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	10 g	35.71%	40%
Cholesterol	15 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Blender Oven

Diet

Anti-Inflammatory Diet

Cuisines

Italian

Nutritional Content

Low Calorie

Course

Appetizers Main Dishes Side Dishes Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Hanukkah St. Patrick's Day Easter

Cost

\$30 to \$40

Demographics

Lactation Friendly Diabetic Friendly

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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