

# Pumpkin Blackbean Enchiladas

Serves :4

## INGREDIENTS:

1 can pumpkin puree  
1 can tomato sauce  
1/2 cup probiotic rich greek yogurt  
1/3 cup veggie broth, bone broth or water  
2 cloves garlic, minced  
3 tbsp chili powder  
2 tsp cumin  
1/2 tsp red cayenne pepper (optional)  
Fresh salt/pepper

### Filling:

1 tsp olive oil  
1/2 white onion, diced  
1 jalapeno, seeded and minced  
2 cloves garlic, minced  
1 lb lean ground turkey  
1 can black beans, drained & rinsed  
12 corn tortillas or siete wraps



**Serving size:** 2 enchiladas

## INSTRUCTIONS:

1. Preheat the oven to 350 and take out a glass baking dish.
2. Start the meat on the stove top; season with salt/pepper and chop up using a spatula.
3. While the meat is cooked, whip up the sauce. In a blender (or a bowl) combine the pumpkin + tomato sauce + yogurt + liquid + garlic + chili powder + cumin. Set aside
4. When meat is done, put into a big bowl. Pour 3/4 cup of sauce over the meat and mix.
5. In the same pan the meat was cooked, put it back on the stove top. Add olive oil, white onion, garlic and jalapeño. Cook for 5-7 minutes until soft and onions are translucent.
6. Drain and rinse black beans, add to the bowl of meat. Lastly add in the cooked onion, garlic and jalapeno. Mix well together, adding in little bit more sauce.
7. Pour a little sauce at the bottom of the glass dish. Heat up tortillas in the microwave for 20 seconds - making them easy to roll and wrap up.
8. Stuff 1/2 cup of the turkey/blackbean mixture (or as much as can fit so you can roll it up) in the center of the tortillas. Roll and place in the baking dish. Continue wrapping or simply pore the rest of mixture into the dish and bake as a casserole without the tortillas! Bake for 20-25 mins.