

# Black Bean and Butternut Enchilada Skillet

From – [www.melskitchencafe.com](http://www.melskitchencafe.com)

1 Tbsp oil (olive, coconut, or canola)  
½ cup chopped red or yellow onion  
2 cloves of garlic, finely minced  
1 jalapeno, seeded and diced (optional)  
4 cups diced butternut squash (from a squash that has been peeled and seeded)  
1 tsp salt  
½ tsp black pepper  
1 tsp ground cumin  
2 tsp chili powder  
1 (15-ounce) can black beans, rinsed and drained  
8 yellow or white corn tortillas, cut into large squares  
2 cups green enchilada sauce  
2-3 cups cooked, cubed chicken  
¼ cup chopped cilantro  
6 ounces (1 ½ cups) shredded Monterey Jack cheese

- In a large, 12-inch nonstick skillet, heat the oil over medium heat and add the onion, garlic and jalapeno, if using. Cook for 5-7 minutes, stirring occasionally, until the onions soften.
- Stir in the butternut squash, salt, pepper, cumin and chili powder. Cook for about 10-12 minutes, stirring every few minutes, until the squash is tender. If you want a smoother consistency to the squash, continue cooking until it breaks down to a creamy consistency, otherwise you can cook it just until it becomes tender.
- Stir in the beans, tortillas and enchilada sauce. Bring the mixture to a simmer and cook for a couple of minutes so the tortillas can soak up some of the sauce and start to cook down just a little bit.
- Add the chicken, cilantro and 1 cup of the cheese. Stir to combine and heat through. Add additional salt and pepper to taste, if needed. Sprinkle the remaining cheese on top and let the mixture sit for 1-2 minutes over medium-low or medium heat until the cheese melts.



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