



# Skillet Enchiladas



prep time  
5 minutes



total time  
35 minutes



servings  
5

## Ingredients

- 2 pounds/900 grams lean ground beef/turkey/chicken  
~ 25 protein servings
- 1 teaspoon salt to taste
- 1 small yellow onion  
~ 1/2 veggie serving
- 1 red bell pepper ~ 1 veggie serving
- 2 teaspoons olive oil ~ 2/3 fat serving
- 10 ounces/300 grams cauliflower rice (defrosted if frozen) ~ 4 veggie servings
- 2 x 15 ounce cans enchilada sauce  
~ 2 carb servings, 1/2 fat serving
- 15 ounce/450 grams can black beans  
~ 4.5 carb servings, 4.5 protein servings
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 6 corn tortillas cut into 1-inch strips  
~ 6 carb servings
- 2 cups shredded Mexican-blend cheese  
~ 3.5 fat servings, 5 protein servings

## Instructions

- 1 Preheat the oven to 425°F.
- 2 Heat a large oven-safe skillet over medium-high heat and add the ground beef and salt. Cook for 5-8 minutes, until browned, then remove from pan and drain off the excess fat.
- 3 While the ground beef is cooking, dice the onion and bell pepper. Once the ground beef has finished browning and has been removed from the skillet, return it to medium heat and add the olive oil to the skillet along with the onion and bell pepper. Cook for 5-6 minutes, until the onion and pepper have softened.
- 4 Add the ground beef back to the skillet along with the cauliflower rice, enchilada sauce, beans, chili powder, and garlic powder. Stir everything together until fully combined, then stir in the corn tortilla strips.



- 5 Sprinkle cheese over the top of the dish, then transfer it to the oven. Bake for 8-10 minutes, until the cheese is melted and browned, then remove from the oven.
- 6 Serve garnished with the cilantro and diced avocado (not included in recipe breakdown.) Enjoy!

Whole Recipe Breakdown:  
34.5 Servings Protein  
12.5 Servings Carb  
10.5 Servings Fat  
5.5 Servings Veggies

# one pan meal

