

Butternut Squash and Black Bean Enchilada Skillet

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Flavorful butternut squash and black bean enchilada skillet filled with fiber and protein for a delicious dinner the whole family will love. This easy vegetarian enchilada skillet comes together in 30 minutes and is great for meal prep!

Course	Dinner, Healthy, Mexican, Vegetarian
Cuisine	American, Mexican
Keyword	black bean enchilada skillet, butternut squash enchilada skillet, enchilada skillet, vegetarian enchilada skillet
Prep Time	20 minutes
Cook Time	20 minutes
Total Time	40 minutes
Servings	4 servings
Calories	405cal
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Ingredients

- 1 tablespoon olive oil or avocado oil
- 3 cups 1/2-inch-diced, peeled butternut squash (from about a 2-lb. squash)
- salt and pepper, to season
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1/2 jalapeno, diced (and seeded if you want less spice)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 (15 ounce) can black beans, drained and rinsed
- 8 yellow corn tortillas, cut into thick strips
- 1 (15 ounce) can red enchilada sauce
- 1 cup shredded colby jack or mexican cheese (or whatever you prefer), divided
- cilantro and greek yogurt, for serving

Instructions

1. Add olive oil to a large oven-proof skillet and place over medium heat. Add onions, garlic, and jalapeno and cook 3-5 minutes until onions become translucent and garlic is fragrant. Add cubed squash, cumin and chili powder and season with salt and pepper. Cook, stirring occasionally, until the squash is slightly tender, about 10 minutes or so. Sometimes it helps if you cover the pan with a lid to create condensation, which will help to speed up the cooking time. You want the squash to be fork tender, but not so tender that it starts to fall apart and become mush.
2. Next, add the black beans, corn tortilla pieces, and the can of enchilada sauce and stir to combine. Reduce heat to medium-low and sprinkle in 1/2 cup of cheese. Stir again and simmer for a few minutes. Turn on your oven broiler to high. Sprinkle an additional 1/2 cup of cheese (or more if you'd like!) over the top of the enchilada mixture and place in oven under broiler for 3-5 minutes until cheese melts. Remove from oven and serve immediately. Feel free to add in cilantro. Serve with sour cream, guacamole, or hot sauce if you'd like! Enjoy.

Notes

See the full post for tips, tricks & ways to customize this enchilada skillet!

Nutrition

Serving: 1serving (based on 4) | Calories: 405cal | Carbohydrates: 42.8g | Protein: 16.8g | Fat: 12.5g | Fiber: 13.7g | Sugar: 7.5g