

# RICE, CHEESE & BEAN ENCHILADAS

MAKES 6 SERVINGS



- 1 (2-cup) bag **UNCLE BEN'S®** Boil-in-Bag Rice
- 4 cups shredded zucchini, drained (2 medium)
- 1 tablespoon reduced-sodium taco sauce mix
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 can (10 ounces) reduced-fat, reduced-sodium cream of mushroom soup
- 1 can (8 ounces) diced green chilies
- 12 (8-inch) flour tortillas
- 2 cups (8 ounces) reduced-fat Mexican cheese blend, divided

1. Prepare rice following package directions.

2. Combine zucchini and taco sauce mix in large nonstick skillet. Cook and stir zucchini 5 minutes. Add beans, soup, chilies and rice. Bring to a boil.

3. Spray 13x9-inch microwavable baking dish with nonstick cooking spray. Spoon about 1/2 cup of rice mixture onto center of each tortilla. Top with 2 tablespoons cheese. Roll up to enclose filling; place in baking dish. Sprinkle remaining cheese over enchiladas. Microwave at HIGH 4 minutes or until cheese is melted.

**Serving Suggestion:** Serve with sliced mango or orange sections.

## *Enchiladas de Pollo y Queso* Chicken Enchilada Casserole

- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 tablespoons butter or margarine
- 2 cups chopped cooked chicken or turkey
- 1 4-ounce can green chili peppers, rinsed, seeded, and chopped
- 3 tablespoons butter or margarine
- 1/4 cup all-purpose flour
- 1 teaspoon ground coriander seed
- 3/4 teaspoon salt
- 2 1/2 cups chicken broth
- 1 cup dairy sour cream
- 1 1/2 cups shredded monterey jack cheese (6 ounces)
- 12 6-inch tortillas

In large saucepan cook onion and green pepper in the 2 tablespoons butter or margarine till tender. Combine in a bowl with chopped chicken and green chili peppers; set aside.

In same saucepan melt the 3 tablespoons butter or margarine. Blend in flour, coriander, and salt. Stir in chicken broth all at once; cook and stir till thickened and bubbly. Remove from heat; stir in sour cream and 1/2 cup of cheese. Stir 1/2 cup of the sauce into the chicken. Dip each tortilla into remaining hot sauce to soften; fill each with about 1/4 cup of the chicken mixture. Roll up. Arrange rolls in a 13x9x2-inch baking dish; pour remaining sauce over. Sprinkle with remaining cheese. Bake, uncovered, in 350° oven about 25 minutes or till bubbly. Serves 6.