



Black Bean FriChik Enchiladas*

- 1 can FriChik (diced)
- 1 large can mild enchilada sauce
- 1 small can tomato sauce
- 1 can black olives (sliced)
- 1 package large or medium flour tortillas
- 1 (15oz) can of black beans
- 1 pint sour cream
- 4 oz shredded cheddar cheese
- Mild hot sauce (optional)

Instructions: Mix the enchilada sauce with the tomato sauce. Pour half of the mixture in a greased 9x13 casserole dish. Place one of the flour tortillas in the casserole dish in the sauce mixture. Place a spoonful each of black beans, FriChik, sour cream, and black olives in the center of the tortilla. Sprinkle a little cheese and add some hot sauce (optional). Roll the tortilla and place it to one side of the casserole dish. Repeat the same process with each tortilla until the pan is full. Pour the remaining mixture of the enchilada/tomato sauce over the tortillas. Sprinkle with cheese and remaining black olives as desired.

Bake at 350 degrees for 35-40 minutes (cheese should be browned).

Submitted by Julienne B. of Minnesota