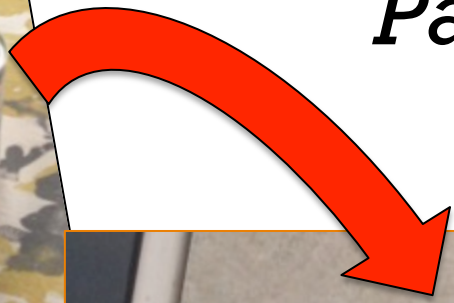


Loaded Enchilada Pasta



Makes enough for 6 people.
\$1.88 per serving!

Even cheaper if you already have ingredients like oil, garlic, and cheese sitting in your kitchen!

Easy, delicious, filling!

Flip over sheet for the recipe!

INGREDIENTS

1 tablespoon vegetable oil	½ cup frozen corn kernels
2 cloves garlic, minced	1 cup Red Enchilada Sauce (page 77; see Budget Byte, at right)
1 (10-ounce) can diced tomatoes with chiles (such as Rotel)	3 green onions, sliced
8 ounces wide egg noodles	1 cup shredded cheddar
1 (15-ounce) can black beans, drained and rinsed	¼ bunch fresh cilantro, roughly chopped (optional)

INSTRUCTIONS

In a large skillet, heat the vegetable oil over medium-low heat. Add the garlic and sauté for 2 minutes, or until the garlic has softened slightly.

Add the diced tomatoes and their juices and 2 cups of water to the skillet and stir to combine. Add the uncooked egg noodles, cover the skillet, and raise the heat to medium-high.

Bring the mixture to a simmer, then reduce the heat to medium-low. Simmer for 10 minutes, stirring once halfway through, until the noodles have absorbed most of the liquid

and become tender. The liquid in the skillet will not completely cover the uncooked noodles, but the steam trapped by the skillet's lid will help them cook.

Add the black beans, corn, and enchilada sauce to the skillet and stir to combine them with the noodles. Cook for about 5 minutes or until the black beans and corn are heated through.

Sprinkle the green onions over the pasta, followed by the cheese. Cover the skillet and allow the pasta to heat for a few more minutes, or until the cheese has melted. Sprinkle the cilantro over the pasta just before serving, if desired.

This recipe is taken from:

Budget Bytes: Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half
by Beth Moncel

Published by Avery in 2014

Book is available at the SKC Library!
Call Number TX 714 .M658 2014

Your Cook Lisa's Notes

- I just bought a can of Enchilada Sauce to save time. \$1.25 at the Polson Wal-Mart.
- My company and I loved the flavor! ***It really DID taste like super nachos!***
- I had left over ingredients to use for other recipes!

Ideas for Next Time

I think I might add a \$1.00 can of Chicken Breast to get some MEAT.