

# IEO Onion Vegetarian Enchiladas

Yield: 4 servings

## Ingredients

- 1 Jumbo Idaho-E. Oregon chopped yellow onion
- 3 16-oz Beans, drained well (red kidney,pinto, garbanzo, navy, or your choice)
- 1 Can Cheese soup
- 1 10-oz Can Enchilada sauce
- 1 8-oz Can Tomato sauce
- 16 6-inch corn tortillas
- 1-2/3 C Grated cheddar cheese

## Method

1. Heat oven to 350 degrees F. Stack tortillas, wrap in foil, and heat 10 minutes or until warm. 2. Combine beans, onion, and soup. Spoon 1/3 Cup on each tortilla. Roll up and arrange seam side down in one 13"x9" pan and one 8"x8" pan. 3. Stir the sauces together and pour over enchiladas. Cover with foil;\* bake 30 minutes. 4. Remove foil and sprinkle with cheese; bake 5 minutes more. Serve with garnishes as desired. \*To freeze, stop here. To bake frozen enchiladas, place dish in oven and heat to 375 degrees F for 60-75 minutes.