

Bean Enchilada Skillet

Serves 4

- Olive oil – 20 ml (1 Tbsp + 1 tsp)
- Butternut squash – 400 g (2 cm cubes ≈ 2 cups)
- Red and/or yellow bell peppers – 2 medium (300 g), thinly sliced
- Onion – 1 medium (150 g), thinly sliced
- Water – 250 ml (total, divided)
- Taco seasoning – see below (≈ 15 g / 1 ½ Tbsp)
- Salt + MSG blend – 1 g salt + 0.25 g MSG (≈ ⅛ tsp total)
- Homemade enchilada sauce – 300 ml (see below)
- Black beans – 240 g (drained 缶詰 OK)
- Yellow corn kernels – 150 g (frozen OK)
- Corn tortillas – 6 (15 cm size), cut into 2 cm strips
- Cheddar or Pepper Jack cheese – 100 g, shredded
- Salsa – 30 g (≈ 2 Tbsp)
- Greek yogurt (Oikos plain non-fat) – for garnish
- Cilantro leaves – for garnish
- Lime wedges – optional



🌶️ Homemade Taco Seasoning (≈ 15 g / 1 ½ Tbsp)

- Chili powder – 2 tsp
 - Paprika – 1 tsp
 - Ground cumin – ½ tsp
 - Garlic powder – ½ tsp
 - Onion powder – ½ tsp
 - Dried oregano – ¼ tsp
 - Black pepper – ¼ tsp
 - Salt – ¼ tsp (optional; omit if using salt + MSG blend separately)
 - Optional – pinch cayenne for heat
- Mix well and store airtight (up to 6 months).

🔪 Instructions

1. **Preheat oven: 200 °C.**
2. **Sauté vegetables:**
 - Heat **oil** in a large oven-safe skillet over **medium-high heat**.
 - Add **squash, peppers, and onion** in one layer; cook undisturbed **4–6 min** until browned.
 - Stir and **cook 6–8 min more** until onions soften and vegetables tender.
3. **Deglaze:**
 - Add **60 ml (¼ cup) water**; stir to loosen browned bits. Cook **2–3 min**.
4. **Season:**
 - Add **taco seasoning** and **salt + MSG**; toss to coat evenly.
5. **Combine:**
 - Add **enchilada sauce, black beans, corn, tortilla strips**, and **remaining 190 ml water**. Mix well.
 - Top with shredded **cheese**.
6. **Bake:**

- Transfer skillet to oven and **bake ≈ 10 min** until bubbling and cheese melts.

7. Finish:

- Use a kitchen torch to lightly brown cheese (if desired).
 - Top with **salsa** and serve with **Greek yogurt**, **cilantro**, and **lime** wedges.
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Nutrition

Per Serving: Kcal 430 | Protein 17 g | Fat 19 g | Sat Fat 6 g | Carbs 48 g | Sugars 9 g | Fiber 8 g | Sodium 710 mg (incl. MSG)

Total Dish: Kcal 1720 | Protein 68 g | Fat 76 g | Sat Fat 24 g | Carbs 192 g | Sugars 36 g | Fiber 32 g | Sodium 2840 mg (incl. MSG)

Enchilada Sauce (300 ml batch): Kcal 236 | Protein 3.6 g | Fat 16.1 g | Carbs 21.4 g | Sodium 827 mg

Notes

- Kabocha may replace butternut squash — same weight, sweeter taste.
 - Frozen corn and canned black beans (カルディ or コストコ) work well.
 - Shredded cheese mix (よつ葉 / 雪印) melts well in Japanese ovens.
 - Leftovers keep 2 days refrigerated; reheat gently in skillet or microwave.
 - For extra protein, add 100 g cooked chicken or tofu (+100 kcal & +10 g protein per serving).
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Ingredient Availability (Japan-Friendly)

- **Black beans** (ブラックビーンズ) – Available at Kaldi, Costco, or import aisles.
- **Kabocha** かぼちゃ – Easiest replacement for butternut squash.
- **Corn tortillas** – Usually frozen at Kaldi or Seijo Ishii; flour tortillas will work if needed.
- **Salsa & Cheddar** – Common at Costco and Kaldi.
- **Greek yogurt** – Use Oikos plain non-fat (123 g = 95 kcal).
- **MSG** – 味の素® or 同等 brand (80 % salt : 20 % MSG ratio when not specified).

Homemade Enchilada Sauce (300 ml batch)

◇ Ingredients:

- **19 g dry mix**
(your pre-mixed blend of flour + spices + cocoa — see note below)
- **1 Tbsp (15 ml) olive oil**
- **25 g tomato paste**
- **300 ml vegetable broth**
- **2 tsp apple cider vinegar**
- **Freshly ground black pepper, to taste**
- **Salt, to taste** (likely minimal if broth is salted)




Dry Mix Breakdown (if making from scratch):

For 19 g of the dry mix from individual spices (to make 300 ml of sauce, enough for 8 corn tortilla enchiladas in the Vegetable Enchiladas recipe, this is the approximately amount:

- 9 g (1 packed Tbsp) all-purpose flour
- 2 tsp chili powder
- 1 tsp ground cumin
- ½ tsp garlic powder
- ¼ tsp oregano
- ¼ tsp salt
- Pinch of cinnamon
- ¼ tsp cocoa powder
- ¼ tsp turbinado or brown sugar (optional)

Instructions:

1. **Heat** the olive oil in a small saucepan over medium heat.
2. **Whisk in** the 19 g dry mix and stir constantly for about 30 seconds to bloom the spices.
3. **Add tomato paste**, whisking it in well.
4. **Slowly pour in the broth**, whisking constantly to avoid lumps.
5. **Bring to a gentle simmer**, reduce heat, and cook for 5–7 minutes until slightly thickened.
6. **Remove from heat**. Stir in the vinegar, black pepper, and adjust salt to taste.

 **Storage tip:** Cool completely and refrigerate for up to 5 days or freeze in small portions.

Nutritional breakdown for **300 ml** of enchilada sauce (using 19g of the pre-mixed dry blend):

◇ **Per 300 ml batch:**

- **Calories:** 236 kcal
- **Fat:** 16.1 g
- **Carbohydrates:** 21.4 g
- **Protein:** 3.6 g
- **Sodium:** 827 mg

◇ **Per 100 ml:**

- **Calories:** 78.7 kcal
- **Fat:** 5.4 g
- **Carbohydrates:** 7.1 g
- **Protein:** 1.2 g
- **Sodium:** 275.7 mg

This version is reasonably light and flavorful, with a modest sodium level (assuming you're using reduced-sodium broth and coconut aminos).