Recipe

Ingredients:
- 1/2 lb. 90% lean ground beef
- 1/4 cup chili powder
- 2/3 cup water
- 1/2 cup chopped onion
- 1 (15 oz.) can black beans, drained & rinsed
- 1 (10 oz.) can enchilada sauce
- 1 (4.5 oz.) can chopped green chiles
- 1/3 cup non-fat plain yogurt
- 8 corn tortillas
- 1 cup fat-free shredded cheddar cheese

Directions:
1. Preheat oven to 400°F. Brown ground beef in large skillet over medium-high heat for 8-10 minutes. Drain grease.
2. Add chili powder and water; mix well. Cook 2-4 minutes until mixture thickens, stirring occasionally.
3. Meanwhile, heat onions in a saucepan on medium; cook until tender. Add beans, enchilada sauce and green chiles; mix well. Bring to a boil, stirring occasionally. Remove from heat. Stir in yogurt.
4. Spoon ground beef mixture down center of each tortilla. Roll up; place seam side down in ungreased 12x8 inch (2-quart) baking dish. Spoon bean and enchilada sauce mixture over filled tortillas. Sprinkle with cheese.
5. Bake at 400°F for 8-12 minutes until cheese is melted and casserole is thoroughly heated.