

# Black bean and spinach enchiladas

SERVES 4

PREPARATION TIME 25 minutes (+ overnight soaking)

COOKING TIME 2 hours 40 minutes

220 g (7¾ oz/1 cup) dried black beans, soaked overnight (or 400 g/14 oz tin black beans)  
1 tablespoon grapeseed oil or rice bran oil  
1 onion, finely chopped  
2 garlic cloves, crushed or finely chopped  
1 bunch English spinach, washed, coarsely chopped  
2 x 400 g (14 oz) tins chopped tomatoes  
2 teaspoons ground cumin  
1 tablespoon smoked paprika  
2 long green chillies, finely chopped  
handful coriander (cilantro) roots and stems, washed, finely chopped  
1 teaspoon raw sugar  
2 teaspoons lime juice  
150 g (5½ oz/1½ cups) grated cheddar cheese  
12 small corn or flour tortillas

## Chunky guacamole

2 ripe avocados, halved  
100 g (3½ oz) cherry tomatoes, quartered  
handful coriander (cilantro) leaves, chopped  
finely grated zest and juice of 1 lime  
1 long green chilli, finely chopped

Put the soaked black beans into a large saucepan and cover with water. Bring to the boil, then simmer for 30 minutes until almost tender. (If using a tin of black beans, omit this step.)

Drain and rinse the beans – cooked or tinned – then set aside in a bowl.

Meanwhile, heat the oil in a large frying pan over medium heat.

Cook the onion and garlic for 5 minutes until the onion is soft.

Add the spinach and cook for 2 minutes until wilted. Season with sea salt and freshly ground black pepper and add to the bowl of beans.

Add the tomatoes, cumin, paprika, chilli, coriander roots and stems, sugar and lime juice to the pan. Cook for 2 minutes, stirring, then season. Stir 250 ml (9 fl oz/1 cup) of this tomato sauce and a third of the cheese into the bean mixture, then spoon 4 tablespoons onto each tortilla and roll up to enclose.

Evenly spread 125 ml (4 fl oz/½ cup) of the sauce over the base of the slow cooker. Lay the enchiladas on top, seam-side down, covering each layer with sauce and cheese. Cook on low for 2 hours.

For the guacamole, mash the avocados with a fork. Stir in the remaining ingredients and season to taste. Serve the enchiladas with the guacamole.

***Slow Cooker Vegetarian* by Katy Holder (Murdoch Books, £17.99). Photography by Alan Benson.**