

Black Bean Enchilada Skillet

This easy version of black bean enchiladas only needs one pan and skips the hassle of stuffing and rolling corn tortillas. We use mild enchilada sauce to keep the spice level suitable for everyone, but if you prefer more heat, using medium or hot enchilada sauce will add extra zest to your meal.

By **Craig Ruff** | Updated on September 30, 2025

 Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Active Time: 35 mins

Total Time: 35 mins

Servings: 6

Nutrition Profile:

No Added Sugar Sesame-Free Nut-Free High-Fiber Vegetarian Egg-Free Gluten-Free

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large poblano pepper, chopped
- 1 white onion, chopped
- 1 cup fresh corn kernels *or* thawed frozen corn
- 2 large cloves garlic, finely chopped
- 1 (15-ounce) can no-salt-added black beans, rinsed
- 1 (10-ounce) can mild red enchilada sauce
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon salt
- 5 (6-inch) corn tortillas, halved and cut into 1-inch strips
- ¾ cup shredded sharp Cheddar cheese
- ¼ cup thinly sliced radish
- 1 large scallion, sliced
- ¼ cup loosely packed fresh cilantro leaves, coarsely chopped
- ¼ cup sour cream

Lime wedges for serving (optional)

Directions

Step 1

Preheat oven to broil with rack in top third position. Heat 2 tablespoons oil in a 10-inch ovenproof skillet over medium heat. Add 1 large poblano, 1 white onion and 1 cup corn; cook, stirring occasionally, until softened, about 10 minutes. Add 2 cloves garlic; cook, stirring constantly, until fragrant, about 1 minute. Remove from heat.

Step 2

Stir in 1 (15-ounce) can beans, 1 (10-ounce) can enchilada sauce, 2 teaspoons chili powder, 1 teaspoon ground cumin, ½ teaspoon paprika and ¼ teaspoon salt. Fold in tortilla strips until evenly combined; sprinkle with ¾ cup Cheddar. Broil until the cheese is melted, about 3 minutes.

Step 3

Top with ¼ cup radish, 1 scallion, ¼ cup cilantro and ¼ cup sour cream. Serve with lime wedges, if desired.

Frequently Asked Questions

Can I make Black Bean Enchilada Skillet ahead?

Absolutely. You could make this recipe a day ahead, reheat it and add the toppings just before serving.

Can I use flour tortillas instead of corn?

Yes. We use thin, chewy corn tortillas for this recipe, but softer flour tortillas are just as tasty. Making this swap will change the nutrition of the recipe, though.

Can I swap out the peppers?

Yes. Green bell peppers, jalapeños or Anaheim peppers would work just as well as poblano.

What are some side dishes that go well with this dish?

Try it with our Easy Cilantro-Lime Rice. Any leafy green salad would also be excellent, including our bright and refreshing Orange & Avocado Salad.

Nutrition Facts

Per serving: **Serving Size about 1 cup** 280 calories; total fat 13g; saturated fat 5g; cholesterol 20mg; sodium 483mg; total carbohydrate 34g; dietary fiber 7g; total sugars 4g; added sugars 0g; protein 11g; vitamin c 14mg; calcium 176mg; iron 3mg; potassium 497mg

Additional reporting by Carrie Myers, M.S. and Linda Frahm

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