



## MADELEINE'S FAMILY FRIENDLY SQUASH & BLACK BEAN ENCHILADA'S

10 MINS  
PREP

SERVES 4

NUT  
FREE

VEGGIE

STAGE 2

These Spiced Squash & Black Bean Enchiladas are a great twist on the classic Mexican dish that you can enjoy with your baby during stage 2 weaning.

I packed the wraps with black beans, squash and hearty spices and the family absolutely loved it! As I'm all about adding colour to our plates, I couldn't not top these wholesome, vegetarian wraps with some creamy avocado and yoghurt. Enjoy!

### WHAT YOU NEED

1 onion, finely chopped  
1 tbsp of olive oil  
1 tsp of smoked paprika  
2 tsp of cumin  
1 can of chopped tomatoes  
1 can of black beans  
1/2 squash, cubed  
Chopped coriander  
1 pack of small corn or flour tortillas

Topping - avocado and yoghurt

### WHAT TO DO

1. In a large pot fry the oil and onion for 5 minutes, then add the spices, squash and beans.
2. Stir well then add the chopped tomatoes. 200ml water and simmer for 30 mins.
3. Preheat the oven to 180 C. Stir in the coriander to the beans.
4. Grab the tortillas and fill them with the bean and squash mix (leaving some extra sauce for pouring over).
5. Place in a roasting tray, the extra sauce can be poured over them.
6. Bake for 15 minutes then top with avocado and yoghurt.

