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Beef and Bean Enchiladas

- 1/2 cup no-salt-added tomato sauce
- 1/2 cup salsa
- 8 6-inch corn tortillas
- 1/2 pound lean ground beef
- 1 cup canned nonfat refried beans
- 1 tsp chili powder
- 1 tsp ground cumin
- 1/8 tsp black pepper
- 1/2 cup shredded low-fat cheddar cheese

In a small bowl, stir together tomato sauce and salsa. Using about half the tomato sauce mixture, brush both sides of each tortilla. Stack tortillas on a plate and set aside.

In a large skillet, cook beef over medium-high heat until brown, about 5 minutes, stirring occasionally. Place in colander and rinse under hot water. Drain well. Wipe skillet with a paper towel. Return beef to skillet. Stir in refried beans, chili powder, cumin and pepper. Cook and stir for 2 minutes, or until heated through.

Preheat Broiler

Spoon about 1/4 cup of the mixture down the center of each tortilla. Roll up tortillas and place, seam side down, in a 10x6x2-inch or 9x9x2-inch glass baking dish. Top with remaining tomato sauce mixture. Broil 4 inches from the heat for 5 minutes, or until browned. Sprinkle with cheese. Let stand 5 minutes before serving.