

# UC-VEG

## Umpqua Community Veg Education Group

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## Enchiladas

### Ingredients:

- 1 onion, thinly sliced
- 1 sweet pepper, thinly sliced
- 8-12 oz of mushrooms, thinly sliced
- 3 cloves garlic
- 1 can of black beans, drained and rinsed
- 2 cups cooked brown rice
- 1 cup frozen corn
- 2 large handfuls spinach, rough chopped
- 3 cups of Enchilada Sauce
- 1 Tbsp. fresh lime juice
- 1 tsp chili powder, or to taste
- ½ tsp ground cumin
- 10 whole grain tortilla wraps

### Enchilada sauce:

- 1 cup tomato paste
- 2 cups reduced sodium vegetable broth
- 1 Tbs flour
- 2 tsp chili powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp onion powder

Preheat oven to 350°. Lightly grease a large rectangular baking dish

Make the enchilada sauce: mix 2 Tbs of broth with the flour until a paste forms. Stir in a medium sauce pan over medium heat and add the chili powder, garlic powder, cumin and onion powder. Cook until fragrant and

then stir in the tomato paste and rest of the broth. Cook for 5 minutes until thickened.

Heat a large skillet to medium-high and add the bell peppers, onion. Sauté for 5 minutes, then add mushrooms and continue cooking until vegetables are softened about another 5 minutes, adding a little water as needed to avoid sticking.

Add garlic and cook for 1 minute, until fragrant. Season with sea salt and black pepper.

Add black beans, brown rice, corn and spinach. Raise the heat to medium-high and cook for a few minutes more or until the spinach is wilted.

Remove the skillet from the heat and stir in  $\frac{1}{2}$  a cup of the enchilada sauce, the lime juice, chili powder and cumin.

Spread 1 cup of the enchilada sauce evenly over the bottom of the baking dish. Scoop  $\frac{3}{4}$  cup of the filling onto each tortilla, roll up the tortilla and place them seam side down in the baking dish. Spread the remaining enchilada sauce over the tortillas. (optional: sprinkle nutritional yeast on top)

Bake the enchiladas, uncovered for 20-25 minutes.

Adapted from The Oh She Glows Cookbook