



Vegan Enchiladas

INGREDIENTS (Yield: 6 servings)

For the enchiladas

- Cooking oil spray
- ½ pound firm tofu, drained, patted dry and cut into chunks
- 1 tablespoons extra-virgin olive oil
- 1 medium jalapeno pepper, seeds and membranes removed, finely chopped
- 1 medium red bell pepper, cored, seeded and diced
- 1 small onion, finely diced
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ½ teaspoon ground turmeric
- ¼ teaspoon ground black pepper
- ¼ teaspoon cayenne pepper

- ¼ teaspoon cumin
- 1 4-ounce can green chilies
- 1 15-ounce can black beans, rinsed and drained
- 1 10-ounce packet frozen spinach, thawed and pressed dry
- 12 small 6-inch corn tortillas
- 2 cups shredded vegan cheese
- ¼ cup fresh cilantro, chopped

INGREDIENTS (Yield: 6 servings)

For the sauce

- 1 teaspoon olive oil
- ½ cup onion, minced
- 2 cloves garlic, minced
- 1 ½ tablespoons chili powder
- 1 tablespoon cumin
- 15-ounce can tomato sauce, no salt added
- ½ cup water

DIRECTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Spray a 9 X 13 casserole dish.
2. For the enchilada sauce, heat olive oil in a medium saucepan over medium heat. Add the onion and sauté until softened, about 3 – 5 minutes. Add the garlic, chili powder, and cumin and cook for about 30 seconds, stirring. Stir in tomato sauce and water. Bring to a low simmer, reduce heat and simmer for 5 minutes.
3. Place tofu in a food processor and puree for several minutes until smooth. Heat 1 tablespoon of olive oil in a deep skillet over medium heat. Add the jalapeno, red pepper, onion, garlic, salt, turmeric, black pepper, cayenne pepper and cumin and sauté for 5 minutes until vegetables soften. Stir in the tofu and continue cooking until tofu is heated through for another 5 minutes (should look similar to scrambled eggs). Stir in green chilies, beans, and spinach.

Vegan Enchiladas – continued

DIRECTIONS

4. Spoon a thin layer of the enchilada sauce into the bottom of the prepared baking dish. Soften the tortillas by wrapping them in a damp paper or cloth towel and microwaving for about 30 seconds. Scoop 1/12th (about ¼ cup) of the mixture into each tortilla, roll tightly and place seam side down into the baking dish. Spoon the remaining enchilada sauce on top.
5. Bake for 10 minutes. Remove from oven and sprinkle with vegan cheese and put back in the oven for another 5 minutes. Remove from oven and top with chopped cilantro

NUTRITION INFORMATION: 340 Calories; 9 grams Fat; 1-gram Saturated Fat; 0 mg Cholesterol; 300 mg Sodium; 52 grams Carbohydrate; 9 grams Fiber; 15 grams Protein;