

VEGETARIAN ENCHILADAS

(adapted from *Nourishing Meals* by Alissa Segersten)

from *The Cooks Next Door*

Sauce:

2 Tbsp olive oil
1 small onion, chopped
3 cloves garlic, peeled and chopped
1 jalapeno, chopped
1 small bell pepper, seeded and chopped
1 Tbsp cumin
1/2 tsp chili powder
1/4 tsp crushed red pepper flakes
1 1/2 tsp salt
1 1/2 c. water
2 c. tomato sauce or diced tomatoes
1/4 c. arrowroot powder or cornstarch

Enchiladas:

12 to 16 corn tortillas (I used only 12)
2 c. cooked mashed sweet potatoes (feel free to spice these with your favorite Mexican spices)
3 c. cooked black beans
2 c. baby spinach leaves

Guacamole for topping

Preheat oven to 400° F. Grease 9 x 13 glass baking dish.

To make the enchilada sauce, heat a 3-quart saucepan over medium heat. Add the oil, onion, jalapeno, and bell pepper; saute for 7 minutes, or until softened. Add the garlic, spices, and salt; saute a few minutes more. Then add the water and tomato sauce or diced tomatoes. Cover and simmer for about 20 minutes. Pour sauce into a blender, add arrowroot powder or cornstarch; blend until smooth.

To make the enchiladas, first be sure to heat up each tortilla so they are pliable for filling and rolling. Lightly grease a hot skillet; heat each tortilla for about 10 seconds on each side. You can fill one enchilada while the next tortilla is heating. Add a few small spoonfuls of mashed sweet potato, then beans, and finally a small handful of spinach leaves. Roll tightly and place the filled tortilla seam-side down in the greased baking dish. Repeat with remaining tortillas, pushing the filled enchiladas closely together. Once the pan is filled, top with the sauce. Cover and bake for 30-35 minutes. Garnish with guacamole.