Black Bean & Seasonal Vegetable Enchiladas

Serves 8

Ingredients

- 2 tablespoons olive oil, plus more to oil pan
- 1 cup vegetable broth
- 8-ounce can plain tomato sauce
- Herbs/spices to taste: Cumin, paprika, cayenne, white and black pepper, oregano, cilantro, salt
- 1 onion, diced
- 5 garlic cloves, finely diced or minced
- 1-2 cups seasonal vegetables, chopped (If using winter squash or sweet potato, vegetables must first be steamed or boiled until softened)
- 15-ounce can black beans, drained and rinsed
- 3 cups chopped chard, kale, or spinach
- About 12 tortillas, corn tortillas preferred
- 1 cup shredded cheese, optional (e.g. jack, cheddar, or queso fresco)
- 5 scallions, chopped

Directions

1. Preheat oven to 400°F.
2. Prepare sauce: Heat 1 tablespoon olive oil in a saucepan over medium heat, whisk in vegetable broth and tomato sauce, reduce heat and simmer 5-8 minutes until thickened. Add spices to taste (cumin, paprika, peppers, salt, etc.) Remove from heat and allow to cool.
1. Prepare filling: Heat remaining olive oil over medium-high heat. When hot, add the onion and garlic and cook until soft, about 3-5 minutes. Stir in seasonal vegetables, black beans, greens, cilantro, and salt to taste. Sauté another 3-5 minutes until vegetables are cooked.
2. Fill: Heat tortillas 5-10 min in 350°F oven (covered with foil) or about 20 seconds in microwave (covered with paper towel). Fill each tortilla with 1/4 cup filling. Roll and place seam side down in oiled baking pan.
3. Sauce/Bake: Pour enchilada sauce evenly over top and sprinkle with cheese (optional). Bake in preheated 400 degree oven ~20 minutes then top with diced scallion.

Notes

Recipe is Adaptable! Experiment with different vegetables, beans, cheeses, herbs, spices, even other protein sources such as chicken, shrimp, or tofu.

Recipe from Cook Well Berkeley: Flexitarian Recipes, Fall 2013