

# Black Bean & Seasonal Vegetable Enchiladas

Serves 8



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## 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