



Presented by Chef Jamie

Black bean and veggies enchiladas

4 servings

Ingredients:

2 cups red enchilada sauce (ingredients listed below)
1 tbsp avocado oil
2 large bell peppers seeded and chopped.
1 cup broccoli florets cut into small pieces.
1 can black beans rinsed and drained.
½ red onion finally chopped
½ tsp cumin
½ tsp dried oregano
½ tsp salt
1 ½ cup shredded cheese
¼ cup green chiles (Optional if you don't like spicy)
8 almond or chickpea tortillas

Optional for garnish:

Fresh cilantro, chopped.
Avocado, Sliced
Green onions, chopped.
Lime, juice.
Sprinkling cotija cheese

Homemade Enchilada Sauce:

3 tsp Avocado oil
3 tbsp arrowroot powder
2 cloves garlic minced.
2 cup chicken broth or vegetable broth, reduce sodium.
6 oz canned tomato paste
2 tbsp chili powder
1 tsp smoked paprika.
2 tsp dried oregano
1 tsp onion powder
½ tsp sea salt
¼ tsp black pepper

1 tbsp apple cider vinegar

Directions:

- If you are going to make the homemade enchilada sauce, heat the avocado oil and whisk in the arrowroot powder and cook for about 1 minute.
- Add the chili powder, smoked paprika, cumin, oregano and minced garlic to the saucepan and continue to cook for one more minute.
- Add bone broth, tomato paste and apple cider vinegar and whisk until combined. Turn the heat to medium and simmer for 5 minutes until sauce begins to thicken. Add sea salt and pepper as needed.
- Preheat oven to 400F
- Spread ½ cup of enchilada sauce on the bottom of a 9x13 inch baking dish and set aside.
- Heat a large skillet over medium heat and add your avocado oil. Add bell peppers and red onions and cook until lightly browned for about 5 minutes. Stir in black beans, broccoli, oregano, salt, green chiles. Add ½ cup of enchilada sauce to the black bean mixture.
- Warm up lightly the tortillas in the stove
- Add a scoop of the black bean mixture (around 1/3 cup) in the center of each tortilla. Sprinkle with shredded cheese or vegan cheese. Roll up tortilla and place seam side down into baking dish. Repeat until all tortillas are full and snugly fit into baking dish.
- Pour the remaining cup of enchilada sauce over enchiladas and sprinkle with 1 cup of cheese.
- Bake uncovered for 20 minutes or until all cheese is melted and edges on tortillas are golden brown.
- Top with desired garnished and served immediately.

Nutrition Facts

Servings: 5

Amount per serving

Calories **442**

% Daily Value*

Total Fat 18.7g **24%**

Saturated Fat 6.1g **30%**

Cholesterol 21mg **7%**

Sodium 701mg **30%**

Total Carbohydrate 52.7g **19%**

Dietary Fiber 21.3g **76%**

Total Sugars 11.1g

Protein 20.1g

Vitamin D 2mcg 12%

Calcium 227mg 17%

Iron 4mg 24%

Potassium 1523mg 32%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*