



Dairy-Free Gluten-Free Vegetable & Black Bean Enchiladas



MAKES 8 SERVINGS

TOOLS

Large casserole dish
Chef's knife
2 large skillets/pans
Blender

INGREDIENTS

½ batch of [Ancho Chipotle Sauce](#)
Daiya Mozzarella Cheese (optional)
Fresh cilantro leaves
Gluten-free brown rice tortillas

Enchilada Sauce

3 tbsp unrefined coconut oil
½ yellow onion, diced
2 tbsp gluten-free all purpose flour
3 tbsp chili powder
2 tsp cocoa powder
1 tsp ground cumin
¼ tsp ground coriander
3 clove garlic, minced
1 ½ tsp fine ground sea salt
2 large tomatoes
1 tbsp fresh lime juice
1 cup vegetable stock

Veggie Filling

1 red pepper, seeded, diced
1 yellow pepper, ribs removed, seeded, diced
1 yellow onion, diced (here's a tip)
2 large Portobello mushrooms
3 leaves kale, chopped
1 ½ cups cooked black beans (start with ½ cup dry and make your own)
1 ½ cups frozen or fresh sweet corn
2 tsp unrefined coconut oil
¼ cup chopped cilantro leaves

2 tsp fresh lime juice
Fine ground sea salt to taste
Fresh cracked black pepper to taste

STEPS

1. In a large skillet or pan, place 2 tsp coconut oil, peppers and 1 onion. Heat to medium-high and stir often for about 10 minutes.
2. In another skillet or pan, place 3 tbsp coconut oil and add the other onion. Heat to medium-high and stir often for about 5 minutes. Add chopped tomatoes (I had a few cherry tomatoes from the garden, that's what you see in the mix below) and cook down, stirring occasionally for 10 minutes.
3. Stir in remaining Enchilada Sauce ingredients, bring to a boil and reduce heat to simmer for 10 minutes.
4. In the other pan, add remaining Veggie Filling ingredients (except corn and beans) to your onion, stir together for about 7 minutes.
5. Now add corn and beans and stir together for about 1 minute. Season to taste with sea salt and pepper. Remove from heat.
6. Place Enchilada Sauce in the blender and mix until smooth. Transfer to a small glass bowl. Rinse the blender, and mix your Ancho Chipotle Sauce until smooth. Transfer to a bowl.

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THAT'S GOOD STUFF.



7. Create an assembly line by laying out all your ingredients—Enchilada Sauce, Ancho Chipotle Sauce, Veggie Filling, Daiya if using and Tortillas.

Preheat oven to 375°F.

8. Spread some Enchilada Sauce into the bottom of your casserole dish.

9. Take a tortilla and spread a bit of Ancho Chipotle Sauce in the center, lengthwise. Add some veggie filling, some Enchilada Sauce and sprinkle with some dairy-free cheese if you like. Now, make sure that you leave about 3 1/2" on either side of your filling so you can roll 'er up.

10. Take one side of your tortilla and wrap it over the filling. Tuck a bit, then roll the entire thing until tight. Place into your casserole dish. Repeat steps until you fill your dish with enchiladas.

11. Top all tortillas with remaining Enchilada Sauce. Sprinkle with dairy-free cheese if you are using.

12. Bake enchiladas for 25 minutes. Serve topped with fresh, chopped cilantro and maybe a squeeze of fresh lime.

IF YOU MAKE THIS RECIPE...

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