

Black Bean and Pumpkin Enchiladas

In this recipe we will go over some label reading, (why we are using corn and not flour), how to easily swap out the ingredients and make any type of enchilada your family enjoys and how to make a dairy-free creamy cheese sauce!

Filling

- 1 1/2 cup (14-oz can) low sodium black beans
- 1 1/2 cups chopped frozen spinach
- 1 cup frozen sweet corn
- 1 cup pumpkin puree
- 1 4-oz can of green chilies
- 1 1/2 teaspoons smoked paprika
- 1/2 teaspoon garlic powder
- pinch (or to taste) red pepper flakes
- salt and freshly ground pepper to taste

Cream Sauce

- 1 1/4 cups cashews, soaked in water for 30 minutes
- juice of 1/2 lemon
- 1 1/2 tablespoon nutritional yeast
- 1/4 teaspoon garlic powder
- pinch of salt
- 2/3 cup of water

Garnish

- slivered green onions
- 1/4 cup roasted and unsalted shelled pumpkin seeds (I get them at Trader Joe's)
- sliced avocado

The Rest

- 10 6-inch corn tortillas
- 24 ounces salsa verde, divided

Directions

Preheat oven to 350 degrees-F. To a large and preheated skillet, add the beans, spinach, corn, pumpkin and chilies. Stir often and get very warm. Add the paprika, garlic powder, red pepper flakes and salt and pepper to taste. Taste and adjust seasonings if needed. Using a fork, mash some of the beans into the mixture, really pulling the flavors together. Reduce the heat down to a low simmer just to keep the mixture warm.

Pour one half of the salsa in a 9X13 baking dish. Heat your tortillas either in the microwave and keep a damp towel over them, or place them on a clean hot skillet for 15 seconds, flipping once. Corn tortillas will tear easily if not very warm. Place the warm tortilla down on a work space and place 1 1/2 tablespoons of the mixture on the tortilla about 2/3 of the way down. Working quickly, roll the tortilla and place it seam side down in the baking dish to secure. Repeat.

Pour the remaining salsa verde on top and cover. Bake for 25 minutes.

While baking, make your CREAM SAUCE.

Drain the cashews and add the rest of the ingredients, except the water. Turn on the blender and begin to drizzle in the water. Get everything whirling well and although it does thicken up a bit as it sits and cools, you don't want it too thin, so you may not use all of the water. Check for taste and adjust to your palate.

When the enchiladas are finished, uncover the dish and drizzle on the CREAM SAUCE. Bake for another 5 minutes. For a little browning, add 46-60 seconds of broiling.

Remove and garnish with green onions, pumpkin seeds and avocado.

Makes 10 enchiladas, Serves 5



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