

BEAN ENCHILADAS

Recipe Adapted from [The Garden Grazer](#)

Makes 8 Enchiladas | Prep Time ~30 Minutes | Bake Time 25 Minutes

sauce ingredients

- ¼ cup whole wheat flour (or gluten-free)
- ½ teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon paprika (smoked paprika if you have it!)
- ¼ cup of water
- 3 cups low sodium vegetable broth
- ¼ cup tomato paste
- 2 teaspoon cumin
- Salt and pepper, to taste

enchilada ingredients

- 1 onion, diced
- 1 red bell pepper, diced
- 3 cloves fresh garlic, minced
- 2 tablespoons of water
- 1, 15 ounce can black beans, drained and rinsed
- 1, 15 ounce can garbanzo beans (or, chickpeas), drained and rinsed
- 1, 15 ounce can of diced tomatoes, drained (or, 1 pint of grape tomatoes, quartered)
- 1/2 cup hemp hearts
- 1/3 cup nutritional yeast
- 2 teaspoons cumin
- 1 teaspoon paprika (smoked paprika if you have it!)
- Salt and pepper, to taste
- 8 whole-wheat flour tortillas, or sprouted-grain tortillas

directions

Let's start making the sauce so it has time to thicken. In a small bowl, add flour, chili powder, garlic powder, onion powder, and paprika. Stir.



In a small saucepan on medium heat, add water, tomato paste, flour, and spices. Whisk until the tomato paste and water are well combined. You may experience some chunks. Try your best to get most of them out but don't worry if you are left with a few. This should take about 1 minute.

Next, add the vegetable broth and whisk well. Once well mixed, and smooth, bring the sauce to a light boil. Once it is lightly boiling, reduce to a simmer and cook for 8 minutes (be sure to whisk occasionally during those 8 minutes).

Preheat your oven to 350 degrees fahrenheit.

While the sauce is thickening, dice your onion, pepper and mince your garlic.

In a large saucepan on medium heat, add your water, onions, peppers and garlic. Be sure to stir so you don't burn anything. I know, sometimes it's easier to use oil but it's not as healthy! Cook for about 8 minutes.

While your sauce is thickening and your vegetables are getting tender, open and rinse your black beans and garbanzo beans. Don't forget to stir that sauce.

If you are using canned tomatoes, open and drain. If you decided to use grape tomatoes, cut them in half (or quarter if you prefer your tomatoes pettily diced). Don't forget to stir that sauce.

Once the onions and peppers are tender, added cumin, paprika, black beans, garbanzo beans, tomatoes, nutritional yeast, and hemp hearts. Stir well. And cook for about 3 - 5 minutes. Now try a small sample of BOTH pans. Salt and pepper to taste.

In a non-stick 9" x 13" pan, cover the bottom with a layer of enchilada sauce.

Distribute bean mixture in the center of the tortillas. Roll the tortilla and do your best to tuck in both ends. Place them in a baking dish as you go. Once they are all in there, top with the remaining sauce.

Bake for 25 minutes and serve with avocado and fresh cilantro. Enjoy!

