

February 14, 2016

Recipe: Vegetarian Enchiladas

Mexican Corn Tortilla Enchiladas rolled with a filling made of Zucchini, Mushrooms, Corn, Onions and Sweet Potatoes topped with Mexican Tomato Sauce and Cheese

Servings: 4

- 1 tablespoon butter
- 1/2 onion, diced
- 1/4 pound mushrooms, sliced
- 1 zucchini, diced
- 1/4 green bell pepper, large, diced
- 1/2 cup corn, canned, or fresh
- 1/2 cup sweet potatoes, diced
- 1/2 teaspoon cumin
- 1/8 teaspoon oregano, dried
- 1/8 teaspoon garlic powder
- 1/2 cup tortilla chips, crushed
- 3 tablespoons cilantro, minced
- 5 ounces cheese, grated
- salt and pepper, to taste
- corn tortillas
- oil for frying tortillas
- 3 cups tomato sauce, Mexican



Heat butter in a large skillet over medium heat. Add onions and cook about 8 minutes, stirring occasionally, just until onions are beginning to brown. Add remaining vegetables and cumin, oregano, and garlic powder, and continue to cook, stirring occasionally, until vegetables are crisp-tender. Remove from heat, let cool, then add the crushed chips, 2 tablespoons of the cilantro, and the cheese, reserving some for the top of the enchiladas. Season to taste with salt and pepper.

Heat about 1 inch of oil in a frying pan just large enough to hold one of the tortillas. (This saves oil) heat over medium-high heat until a drop of water splatters and sizzles when added to the oil. Fry the tortillas one at a time, just about 5 seconds per side, turning with tongs. Remove each tortilla from the oil and drain well on several layers of paper towels. Spoon about 1/4 cup of the Mexican tomato sauce into each aluminum tin.

Dip one side of each tortilla in warm Mexican tomato sauce and place tomato sauce side up, then fill with approximately 1/4 cup of the filling and roll up. Place two filled tortillas in each aluminum tin. Spoon about 1/2 cup of the tomato sauce over each pair of enchiladas. Top with remaining cheese and cilantro.

Serving Suggestions:

Black Beans / Cumin Scented Rice or Santa Fe Brown Rice