

PLANT POWER ENCHILADAS



Ingredients

- 1 tablespoon olive oil
- 1 jalapeno, seeds removed and diced
- 1/2 cup diced red onion
- 1 cup portobello mushrooms, diced
- 1 cup frozen corn
- 1 cup drained and rinsed black beans
- 14oz firm tofu, drained
- Simply Organic Red Enchilada Simmer Sauce 8oz. packet
- 2 tsp cumin
- 1/2 tsp chili powder
- 15oz can Hatch Green Chile Enchilada Sauce
- 1 cup Violife Just like Cheddar Shreds
- 8 whole-wheat or gluten free tortillas
- 2 scallions whites and tops

Directions

1. Pre-heat oven to 350F. Heat olive oil over medium-high heat, add jalapeno and onion to pan and saute until softened
2. Add to pan mushroom, corn, beans, tofu and spice and start breaking tofu into ground consistency
3. Reduce heat to medium-low and pour simmer sauce into pan. Simmer for about 10 minutes. Taste and adjust seasoning as desired.
4. While mixture is simmering prepare tortilla by lightly frying each side over burner. Frying before filling and baking creates a more sturdy tortilla.
5. To assemble cover the bottom of an 8 x8 pan with 1/2 cup of green chile enchilada sauce.
6. Fill each tortilla with 1/4-1/2 cup of tofu mixture and a sprinkle of cheddar shreds (or other cheese alternative). Roll tortilla up and place seam side down in pan. Repeat process for remaining tortillas.
7. Once all tortillas are assembled in pan, pour remaining chile enchilada sauce on top with remaining cheese. Cover with foil and bake for 25-30 minutes until cheese is melted. Once cooled enjoy this protein, fiber and nutrient packed meal and feel the nourishing benefits take over