

BLACK BEAN ENCHILADA SAUCE

INGREDIENTS

3 tbsp Olive Oil
3 tbsp flour
1 tbsp chilli powder
1 tsp ground cumin
1/2 tsp garlic powder
1/4 tsp each ground oregano, salt, pepper
pinch cinnamon
2 cups low salt vegetable broth
1 tsp apple cider vinegar
1/4 tsp cumin seeds
2 tbsp tomato paste



Prep Time

5 min



Cook Time

10 min



Portion

2 Cups

DIRECTIONS

1. Measure all dry ingredients together in a small bowl (flour, chilli powder, cumin, garlic powder, oregano, salt, pepper and cinnamon).
2. In a small pot over medium heat, warm the oil until hot and sprinkle in dry ingredients (from step 1) Wisk constantly for 1 minute. Wisk in the tomato paste, vinegar and slowly pour in the broth, stirring to remove any lumps
3. Raise heat to med-high and bring the mixture to a simmer, then reduce to maintain a gentle simmer for 5-7 minutes, then remove from heat and leave covered until ready to assemble the enchiladas.

Chef's Tip:

Make this sauce in tandem with our delicious Black Bean enchilada recipe.