

# Vegetable Enchiladas



Serves 4

## Ingredients:

- 1 T. olive oil, plus more for baking dish
- 1 tsp. ground cumin
- 1/8 cup all-purpose flour
- 1/8 cup tomato paste
- 1 cup reduced-sodium vegetable broth
- Salt and pepper to taste
- 1 ½ cups Pepper Jack cheese
- 1 cup black beans, rinsed and drained
- ½ box (5 oz.) frozen chopped spinach, thawed and squeezed dry
- 3 scallions, thinly sliced, white and green parts separated
- 8 corn tortillas (6-inch)

## Directions:

1. Preheat oven to 400 degrees F. Lightly oil an 8-inch square baking dish; set aside.
2. Make sauce: In a medium saucepan, heat oil over medium. Add ½ tsp. cumin, flour, and tomato paste; cook, whisking, 1 minute. Whisk in broth and 1/3 cup water; bring to a boil. Reduce to a simmer, and cook until slightly thickened, 5 to 8 minutes. Season with salt and pepper, and set aside.
3. Make filling: In a large bowl, combine 1 cup cheese, beans, spinach, scallion whites, and remaining ½ tsp. cumin; season with salt and pepper.
4. Stack tortillas and wrap in damp paper towels; microwave on high for 1 minute. Or stack and wrap in aluminum foil and heat in oven for 5 to 10 minutes. Top each tortilla with a heaping 1/3 cup of filling; roll up tightly and arrange, seam side down, in prepared baking dish.
5. Dividing evenly, sprinkle enchiladas with remaining 1 cup cheese, and top with sauce. Bake uncovered until hot and bubbly, 15 to 20 minutes. Cool 5 minutes; serve garnished with scallion greens.

\*\* For freezing prepare enchiladas through step 3; top with cheese, and cover baking dishes with plastic wrap and then aluminum foil. Place sauce in an airtight container. Freeze enchiladas and sauce for up to 2 months.

\*\*To bake from frozen: thaw sauce in refrigerator overnight (or microwave on high 2 minutes, stirring once halfway through). Preheat oven to 400 degrees F. Remove foil and plastic wrap from baking dish and pour sauce over enchiladas; cover with foil. Bake 30 minutes; remove foil, and bake until bubbly, about 15 minutes more. Cool 5 minutes before serving.