

# Mushroom & Bean Enchiladas

Swick

Serves 6 to 8 | Active Time: 1 hour | Total Time: 1 hour 30 minutes

## Step 1: Preparing Your Mise en Place

- 1 recipe Enchilada Sauce
- 4 cups cooked potatoes (or cooked brown rice)
- 3 1/2 cups mushrooms, sliced
- 1 large white onion, diced
- 5 cloves garlic, minced
- 1 red bell pepper, diced or sliced
- 1 yellow bell pepper, diced or sliced
- 1 green bell pepper, diced or sliced\*
- 1 jalapeño, seeded and minced\*
- 1 1/2 cups white beans (or beans of choice)
- 1 cup fresh corn (or frozen)
- 1/2 cup chopped cilantro

To start your mise en place, first prepare the Enchilada Sauce and also the potatoes or rice, whichever you are using.

For the potatoes, either use leftover steamed potatoes or simply steam some potatoes. Once done, mash them slightly and then season to taste. Note: Make sure the potatoes are not overcooked as they will be too mushy in the enchiladas.

\*Note: For more heat/spice, the seeds can be left in the jalapeño.

## Step 2: Cooking the Filling

- 1/4 cup nutritional yeast
- 1 tsp ground cumin
- sea salt, to taste
- freshly ground black pepper, to taste

Preheat the oven to 350°F (175°C).

To cook the filling, heat a large fry pan, over medium heat. Once hot, dry-sauté the onions until golden and translucent. Adding stock or water as needed, to prevent the pan and/or food from drying out and/or burning. This should take about 6 to 8 minutes.

Once the onions are ready, add the garlic and jalapeño and let cook for 30 seconds or so.

Next, add the peppers and let cook until all of their moisture has been released.

At this point, add the cumin, stir to combine and then transfer the mixture to a bowl.

Now, using the same pan, dry-sauté the mushrooms. Season the mushrooms to taste. Once all of their moisture has been released, add the pepper and onion mixture back to the pan.

Lastly, fold in the corn, beans, nutritional yeast and fresh cilantro and gently fold everything together. Taste for seasoning.

## Step 3: Assembling & Baking the Enchiladas

- 6 to 8 large tortilla shells\*

\*Note: Regular flour, corn or gluten-free tortillas can be used for this recipe. The amount of tortillas needed, will depend on the type used and how full you fill the enchiladas.

Next, prepare an appropriate-sided casserole dish, by very lightly spraying the bottom of the dish with non-stick spray. Next, pour a few tablespoons of the enchilada sauce on the bottom of the dish.

To assemble the enchiladas, the easiest and cleanest way to assemble them is to first cover a part of the countertop with some plastic wrap. Next, pour about half of the enchilada sauce into a round flat dish (big enough to fit the tortilla shell).

Now, with all of your other mise en place ready, begin to fill the tortillas. To do this, first warm a tortilla in a pan to make it pliable, then place it into the enchilada sauce and then flip it over to coat the other side; it should be soft enough to roll. At this point, remove the tortilla and place it onto the plastic wrap.

Next, place about a few tablespoons of cooked potato onto one half of the tortilla (the side closest to you). Add a few tablespoons of filling and then roll up the tortilla. If the tortillas are quite long, fold the ends in as you roll up the tortilla (more like a burrito shape). For shorter tortillas, you can simply roll them up, without tucking in the ends.

As you roll up the enchiladas, place them into the prepared casserole dish. Continue with the rest of the tortillas, packing them tightly next to each other as you place them into the casserole dish.

Once done, pour about 1/2 to 3/4's of a cup of sauce over the top of the enchiladas. Save the remaining sauce for serving later. Bake the enchiladas in uncovered for about 20-30 minutes, until the tortilla edges start to become crisp.

Allow enchiladas to cool slightly before serving. Serve with the remaining sauce, warmed slightly. Sprinkle with nutritional yeast and fresh cilantro, if desired, and enjoy!

These enchiladas go well with either this Cashew Sour Cream and/or this Lime-Avocado Sauce

## Chef's Notes

Leftover can be frozen, if desired. To reheat, defrost overnight in the refrigerator (or at least for a few hours). To reheat the enchiladas, place them into a casserole dish and cover with aluminium foil. Place them into a preheated 350°F (175°C) oven for approximately 30 minutes. Then remove the foil and pour some additional enchilada sauce over top (if you still have some). Place the enchiladas back into the oven and let cook for another 5 to 10 minutes. If you do not have any leftover enchilada sauce you can simply leave it out, or use some salsa.