

MUSHROOM VEGGIE ENCHILADAS

Featuring our **Chili Cookoff Champignon** seasoning

4 servings | Total Time: 40 minutes

RECIPE

FOR THE ENCHILADA SAUCE:

- 1/4 cup olive oil
- 1/3 cup flour
- 1 teaspoon chili powder
- 2 Tbsp Mushroom Street Farms "Chili Cookoff Champignon" spice blend
- 1 teaspoon salt
- 2-3 cups vegetable stock
- Pinch of sugar
- 1 cup tomato sauce

FOR THE ENCHILADA SAUCE:

- 1 red onion, finely chopped
- 3 garlic cloves, minced
- 1 yellow pepper, diced
- 2 red peppers, diced
- 250 g (1/2 lb) Mushroom Street Farms King Blue Oyster mushrooms, chopped
- 1 cup frozen corn
- 400 g (14 oz) can black beans, drained
- 2 teaspoons dried oregano
- 2 Tbsp Mushroom Street Farms "Chili Cookoff Champignon" spice blend
- 8 tortillas
- 2 cups grated cheese (combination of cheddar and mozzarella)

PREPARATION

STEP 1

Preheat the oven to 200°C/390°F.

STEP 2

To make the enchilada sauce, heat the oil in a pot and whisk in the flour. Cook for 2 minutes, stirring constantly, then add the chili powder, Mushroom Street Farms **Chili Cookoff Champignon** spice blend, salt, and tomato sauce.

STEP 3

Gradually whisk in the stock until the sauce is smooth. Simmer for a few minutes until the sauce thickens and the flour is cooked out. Season with salt and a pinch of sugar (optional).

STEP 4

To make the filling, sauté the onion, garlic, peppers, and mushrooms in a large frying pan until the vegetables are cooked and starting to caramelize.

STEP 5

Add the frozen corn, drained beans, dried oregano, and Mushroom Street Farms "Chili Cookoff Champignon" spice blend to the pan. Sauté for another 5-7 minutes, stirring occasionally.

PREPARATION CONTINUED

STEP 6

Place a few spoonfuls of the filling onto each tortilla and roll it up. Place the enchiladas into a casserole dish.

STEP 7

Spoon the enchilada sauce over the tortillas, ensuring they are completely covered.

STEP 8

Sprinkle the grated cheese over the top of the enchiladas.

STEP 9

Place the casserole dish in the oven and bake for 15-20 minutes, or until the cheese is melted and the enchiladas are hot and bubbling.

STEP 10

Remove from the oven and allow to rest for 5 minutes before serving.

STEP 11

Serve the enchiladas with sliced avocado, fresh cilantro, cotija cheese, and lime wedges.

NUTRITION FACTS

PER SERVING, BASED ON 4 SERVINGS

CALORIES	Approximately 650
TOTAL FAT	34g
SATURATED FAT	10g
TRANS FAT	0g
CHOLESTEROL	30mg
SODIUM	1300mg
TOTAL CARBOHYDRATES	70g
DIETARY FIBER	11g
SUGARS	10g
PROTEIN	21g