

Cheesy Bean Enchiladas and Spanish Rice – March 2011

Enchiladas, from VegWeb.com: <http://vegweb.com/index.php?topic=5980.0>

Rice, from Allrecipes.com: <http://allrecipes.com//Recipe/mexican-rice/Detail.aspx>



Cheesy Bean Enchiladas (This made a heck of a lot more filling than needed for the enchiladas.)

1/2 cup flour	3 (14.5-ounce) cans black beans, drained
1/2 cup nutritional yeast	1 (15-ounce) can olives, drained and chopped
1 teaspoon salt	2 medium onions, chopped
1 teaspoon garlic powder	1/2 cup salsa (optional)
2 cups water	1/4 cup chopped cilantro
1/4 cup vegan margarine	10 tortillas
1 teaspoon mustard	1 avocado
2 (10-ounce) cans enchilada sauce	

"Cheese" Sauce: In medium-large saucepan, combine flour, nutritional yeast, salt and garlic powder. Whisk in water. Heat on medium heat until bubbling and thick. Remove from heat and add margarine and mustard. Set aside 1/2 cup of the cheese sauce in separate container.

Except for 1/2 cup of enchilada sauce, add the enchilada sauce, beans, olives, onions, salsa, and tomato to the saucepan; stir to combine.

Coat the bottom of a 9" x 13" pan with some of the reserved enchilada sauce. Place a tortilla in the pan and lightly cover with more enchilada sauce. Spoon filling onto a tortilla, then roll the tortilla, and push it to one end of pan. Repeat until all tortillas are filled.

Pour the rest of the enchilada sauce on top and spread on reserved cheese sauce. You will have a ton of beans left over. They go really well with tortilla chips and the rice. Serve with avocado.

Bake at 350 degrees Fahrenheit until brown for 30 to 45 minutes.

Spanish Rice

3 tablespoons vegetable oil
2/3 cup diced onion
1 1/2 cups uncooked white rice
1 cup chopped green bell pepper
1 teaspoon ground cumin
1 teaspoon chili powder
1 (8 ounce) cans tomato sauce
1/2 of a 14 ounce can diced tomatoes
2 teaspoons salt
1 clove garlic, minced
1/8 teaspoon powdered saffron
3 cups water

In a large saucepan, heat vegetable oil over a medium-low heat. Place the onions in the pan, and saute until golden.

Add rice to pan, and stir to coat grains with oil. Mix in green bell pepper, cumin, chili powder, tomato sauce, diced tomatoes salt, garlic, saffron, and water. Cover, bring to a boil, and then reduce heat to simmer. Cook for 30 to 40 minutes, or until rice is tender. Stir occasionally.