

# Oh She Glows

## Sweet Potato, Black Bean, Spinach, and Pepper Vegan Enchiladas

Adapted from [Time Crunch Vegan Enchiladas](#).

**Yield:** 4 Enchiladas

### Ingredients:

- 1 tbsp extra virgin olive oil
- 1 onion, chopped (~2 cups)
- 2 garlic cloves, minced
- 1 cup sweet potato, chopped (or zucchini)
- 1 bell pepper, chopped
- 2 handfuls spinach, chopped
- 1 can black beans (~2 cups), drained and rinsed
- Enchilada sauce or Pasta sauce (about 2.5 cups)\* see note
- 1 tbsp [nutritional yeast](#) (optional)
- 1.5 tsp ground cumin
- 1-2 tbsp fresh lime juice, to taste
- 1/2 tsp kosher salt, or to taste
- 1/2 tsp garlic powder
- 1 tsp chili powder, or to taste
- 4 whole grain tortilla wraps (I used Food for Life Ezekiel)
- Cilantro Avocado Cream Sauce, to pour on top (recipe below)
- Green onion & chopped cilantro, to garnish

### **Directions:**

1. Preheat oven to 350F and grab a baking dish large enough for 4 enchiladas. Pre-cook the chopped sweet potato, by simmering it in a small pot of water for about 5-10 minutes until just tender. Do not overcook. Drain and set aside.

2. In a large skillet or pot, add 1 tbsp oil and bring to medium to low heat. Add in the chopped onion and cook for about 5 minutes, stirring often, until translucent. Add in garlic and reduce heat to low and cook for a couple more minutes. Now add the chopped pepper, pre-cooked sweet potato, drained black beans, and chopped spinach. Cook for about 5-7 more minutes on medium-low heat.

3. Now add in your enchilada or pasta sauce. Stir well, and add in your seasonings: nutritional yeast (optional), cumin, [fresh](#) lime juice, salt, garlic powder, chili powder- all to taste. Adjust seasonings if necessary. Stir well.

4. Scoop about 3/4-1 cup of the mixture onto the bottom of your casserole dish and spread out in a thin layer. Scoop about 1/2-3/4 cup of the mixture onto each tortilla and wrap, placing the fold down on the casserole dish. Repeat for the remaining 3 tortillas and leave a bit of filling left to spread over the top. Sprinkle with vegan cheese if preferred.

5. Bake tortillas at 350F for 18-20 minutes. Meanwhile, make your Cilantro cream sauce (see below). When enchiladas are cooked, remove from oven and pour the sauce over top. Garnish with chopped cilantro and green onion. Serve immediately. Makes 4 enchiladas.

**Note:** Depending on what kind of sauce you use, you will have to adjust the seasonings to taste. I used a pasta sauce so I likely needed more seasonings to achieve the taste I desired.

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