

# Black Bean Avocado Enchiladas - Vegan-SOS

Prep Time: 15 minutes  
Cook Time: 35 minutes  
Total Time: 50 minutes

Yield: 10 tortillas  
Serving Size: 5  
Calories per serving: 532  
Fat per serving: 9 grams

## Ingredients

- 10 taco size soft corn tortillas
- 1/2 cup uncooked quinoa
- 2 small avocados, diced
- 1 (15-ounce) can black beans no-salt added, or home cooked no salt
- 1 1/2 cups corn (thawed, if frozen)
- 4 green onions, chopped
- 1/2 cup chopped cilantro
- 1 teaspoon cumin
- 3 cups & 2 tablespoons vegetable broth, Trader Joe's Low Sodium
- 1/4 cup tomato paste
- 1/4 cup all-purpose wheat flour
- 2 teaspoons cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon chili powder

## Instructions

1. Rinse and cook quinoa according to package directions, using 1 cup of water.
2. Preheat oven to 375° F, and line a baking sheet with parchment paper.
3. Meanwhile, make the enchilada sauce: in a small bowl, add flour and spices. In a saucepan over medium heat, add 2 tablespoons of vegetable broth. Once warm, add tomato paste and flour/spices. Cook 2 minute, whisking. Whisk in the 3 cups of broth, and bring to a boil. Reduce heat to simmer, and cook until thickened, about 8 minutes.
4. In a large bowl, add corn, avocado, beans, onion, cumin, with the cooked quinoa, and stir.
5. In the lined baking dish, pour a small amount of sauce to coat the bottom. Spread the quinoa mixture in the center of each tortilla, roll up, and place them seam down on the baking dish. Bake for 20 minutes.

## Notes

Nutrition facts (per serving – 2 tortillas): Calories: 532, from fat: 19, total fat: 9g, cholesterol: 0mg, sodium: 116mg, total carbohydrate: 95g, fiber: 12g, sugar: 3g, protein: 11g.