

Enchiladas "Tres Hermanas" (Putney Central School)

Ingredients:

2 large onions, diced
3 large carrots, diced
1 large parsnip, diced
4 large cloves garlic, minced
2 c winter squash, cubed
8 oz tempeh, cubed
4 c cooked black beans

For garnish:

Chopped cilantro

Sliced scallions

Diced red pepper

Sour cream

1.25 lb. cheddar cheese, grated
1 28 oz. can crushed tomatoes
Sunflower Oil
Vegetable Broth
1 1/2 t ground cumin
1 t ground coriander
2 t chili powder
1 T coarse sea salt
1T oregano
3/4 t black pepper
18 corn tortillas

Bake at 350-Degrees F for 15 minutes.

Instructions:

In a large saucepan on med-high heat, add 5 T sunflower oil, then swirl in 1 t cumin, 1 t coriander, 1/2 t chili powder, 1/4 t black pepper. Saute 2 c onions for 2 minutes, then stir in 1 c carrots. Saute briefly, then add 2 c cubed squash, stir in 1 T minced garlic, 1 T coarse sea salt and 1 T oregano. Add 1 c vegetable broth, then 4 c black beans. Bring to a boil then simmer for 15 minutes, or until squash is tender. Meanwhile, in a medium saucepan add 3 T oil, then 1 t chili powder, 1/2 t cumin, and 1/4 t black pepper. Saute 1 c onions for 2 minutes, then add 1/2 c carrots. Saute briefly, then deglaze with 2/3 c veg. broth. Stir in tomatoes, then simmer for 10 minutes. Meanwhile that cooks, saute tempeh in 3 T oil with the following spices added beforehand: 1 t onion powder, 1/2 t chili powder, 1/4 t black pepper. Deglaze with 1 c veg. broth, then simmer until it evaporates. Puree the beans and the sauce separately, then layer the ingredients in a 9x12-inch pan: beans first, then cheese, 6 tortillas, tempeh, 6 tortillas, beans, cheese, tortillas, sauce, cheese.

