



Mushroom & Bean Enchiladas

INGREDIENTS

- 3 1/2 cups mushrooms
- 1 large white onion
- 5 cloves garlic
- 1 red bell pepper
- 1 yellow bell pepper
- 1 green bell pepper
- 1 jalapeño
- 2 jars enchilada sauce (10 oz each)
- 1 1/2 cups white beans
- 1 cup corn
- 1/2 cup cilantro
- 4 cups cooked potatoes or cooked brown rice
- 1/4 cup nutritional yeast
- Sea salt, to taste
- Black pepper, ground
- 1 tsp ground cumin
- 6–8 corn tortillas

METHOD

1 Prep. Preheat the oven to 350°F (175°C). Slice the mushrooms. Dice the white onion and bell peppers. Mince the garlic. Seed and mince the jalapeño. Chop the cilantro. Drain the beans if using canned.

Prepare the cooked potatoes or brown rice. If using potatoes, lightly mash them and season to taste.

2 Cook the Filling. Heat a large pan over medium heat. Add the onion and cook until translucent and lightly golden, about 6–8 minutes. Add a little water if needed to prevent sticking.

Next, add the garlic and jalapeño and cook for about 30 seconds. Add the bell peppers and cook until they soften and release their moisture. Add the ground cumin and stir to combine. Transfer the mixture to a bowl.

In the same pan, cook the mushrooms until their moisture releases and evaporates. Season with sea

TIPS & ADDITIONAL INFORMATION

Additional toppings such as diced tomatoes or avocado can also be added when serving. Nutritional yeast is a flaky, savory seasoning with a mild cheesy flavor. You can find it in most grocery stores, usually in the baking or health food section.



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METHOD (continued)

salt and freshly ground black pepper. Return the onion and pepper mixture to the pan. Add the corn, white beans, nutritional yeast, and cilantro. Stir gently to combine and taste for seasoning.

3 Assemble and Bake. Lightly coat the bottom of a baking dish with a few tablespoons of enchilada sauce.

Warm the tortillas in a pan. Place a few tablespoons of cooked potatoes or rice on one half of each tortilla. Add a few tablespoons of the mushroom and bean filling, then roll the tortilla.

Place the enchiladas seam side down in the baking dish, packing them closely together.

Pour about 1/2–3/4 cup enchilada sauce over the top. Bake uncovered for 20–30 minutes, until the tortilla edges begin to crisp.

Let cool slightly before serving. Serve with the remaining warmed enchilada sauce. Garnish with additional nutritional yeast and cilantro if desired.