

Virtual Village



Week Three: Openness
Camp Recipe

Enchiladas

Sauce Ingredients

- 3 tablespoon olive oil
- 3 tablespoon flour
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt, to taste
- pinch of cinnamon
- 2 tablespoon tomato paste
- 2 cup vegetable broth
- 1 teaspoon apple cider vinegar
- black pepper, to taste

Enchilada Ingredients

- 12 corn tortillas
- 4 cups cooked shredded chicken
- 2 cups black beans
- 2 cups shredded cheese

Virtual Village

Sauce Instructions

1. Measure the dry ingredients into a small bowl.
Place the tomato paste and broth near the stove as well.
2. In a medium-sized pot over medium heat, warm the oil until it's hot enough that a light sprinkle of the flour/spice mixture sizzles on contact.
3. Once ready, pour in the flour and spice mixture. Whisk constantly and cook until fragrant and slightly deepened in color, about 1 minute. Whisk in tomato paste.
4. Slowly pour in the broth while whisking constantly to remove lumps.
5. Bring to light boil and reduce heat to gentle simmer.
Cook, whisking often, for about 5 to 7 minutes.
6. Remove from heat, then whisk in the vinegar and season to taste with salt and pepper. This will last in refrigerator for 5 days. It also freezes well.

Enchilada Instructions

1. Spread 1/3 up sauce on bottom of greased 6x13 pan.
2. Place 6 corn tortillas over sauce to cover bottom.
3. Cover tortillas with chicken and black beans.
4. Layer with 1/2 cheese and cover with remaining tortillas.
5. Pour remaining sauce over top and bake at 350° until center reaches 165°.
6. Sprinkle remaining cheese over top and allow to melt.
7. ENJOY!!