

Enchilada Sauce-Homemade

This recipe makes about 6 cups



Ingredients

9 tbsp all purpose flour
6 tbsp chili powder
4 ½ tsp cumin
2 ¼ tsp garlic powder
3 tsp oregano
1 ½ tsp salt
1 tsp cinnamon
½ cup vegetable broth
6 tbsp tomato paste
6 cups vegetable broth
6-10 tsp apple cider vinegar

Directions:

1. Whisk together the flour, chili powder, cumin, garlic powder, oregano, salt, and cinnamon until well combined.
2. In a saucepan over medium heat, warm ½ cup vegetable broth.
3. Add the spice mixture to the saucepan, stirring continuously for about 1 minute to release the flavors.
4. Stir in the tomato paste, mixing until fully incorporated.
5. Gradually add the 6 cups of vegetable broth, stirring constantly to avoid lumps.
6. Bring the mixture to a simmer and let it cook for about 5 minutes, stirring continuously, until the sauce thickens.
7. Remove from heat and mix in 6-10 teaspoons of apple cider vinegar, adjusting to taste.
8. Add parchment paper to your trays
9. Pour the sauce on your trays
10. Place the dividers if using. We like 20 portions for this recipe
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 25 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 divider portions or about ½ cup of freeze-dried enchilada sauce to a bowl with 2-3 tbsp of water. Adjust to your preferred consistency. Stir and enjoy.

Notes: See our Black Bean enchilada recipe

You can rehydrate a large batch and heat it up on the stove or just rehydrate it with hot water, and it's ready to eat.

Nutritional Value Per ½ cup enchilada sacue

Calories: 96 Carbohydrates 17 g Protein 4 g Fat 2 g Fiber 5 g Sugar 2 g