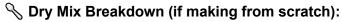
→ Homemade Enchilada Sauce (300 ml batch)

Ingredients:

• 19 g dry mix

(your pre-mixed blend of flour + spices + cocoa — see note below)

- 1 Tbsp (15 ml) olive oil
- 25 g tomato paste
- 300 ml vegetable broth
- 2 tsp apple cider vinegar
- · Freshly ground black pepper, to taste
- Salt, to taste (likely minimal if broth is salted)



For 19 g of the dry mix from individual spices (to make 300 ml of sauce, enough for 8 corn tortilla enchiladas in the Vegetable Enchiladas recipe, this is the approximately amount:

- 9 g (1 packed Tbsp) all-purpose flour
- 2 tsp chili powder
- 1 tsp ground cumin
- ½ tsp garlic powder
- 1/4 tsp oregano
- ½ tsp salt
- Pinch of cinnamon
- ¼ tsp cocoa powder
- 1/4 tsp turbinado or brown sugar (optional)

Q Instructions:

- 1. **Heat** the olive oil in a small saucepan over medium heat.
- 2. Whisk in the 19 g dry mix and stir constantly for about 30 seconds to bloom the spices.
- 3. Add tomato paste, whisking it in well.
- 4. Slowly pour in the broth, whisking constantly to avoid lumps.
- 5. **Bring to a gentle simmer**, reduce heat, and cook for 5–7 minutes until slightly thickened.
- 6. **Remove from heat**. Stir in the vinegar, black pepper, and adjust salt to taste.
- Storage tip: Cool completely and refrigerate for up to 5 days or freeze in small portions.

Nutritional breakdown for 300 ml of enchilada sauce (using 19g of the pre-mixed dry blend):

Per 300 ml batch:

• Calories: 236 kcal

• **Fat**: 16.1 g

Carbohydrates: 21.4 g

Protein: 3.6 gSodium: 827 mg

Per 100 ml:

• Calories: 78.7 kcal

• **Fat**: 5.4 q

Carbohydrates: 7.1 q

Protein: 1.2 gSodium: 275.7 mg

This version is reasonably light and flavorful, with a modest sodium level (assuming you're using reduced-sodium broth and coconut aminos).

