

🌶️ **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*)



🔑 **Dry Mix Breakdown (if making from scratch):**

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
- ¼ tsp oregano
- ¼ tsp salt
- Pinch of cinnamon
- ¼ tsp cocoa powder
- ¼ tsp turbinado or brown sugar (optional)

🔍 **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 g
- **Sodium:** 827 mg

◆ **Per 100 ml:**

- **Calories:** 78.7 kcal
- **Fat:** 5.4 g
- **Carbohydrates:** 7.1 g
- **Protein:** 1.2 g
- **Sodium:** 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).