

## Butternut Squash & Black Bean Enchilada Skillet *(with enchilada sauce recipe)*

Serves 4 (2 generous dinners for 2 people)

### Ingredients

- 2 Tbsp (26 g) extra-virgin olive oil
- 400 g butternut squash, peeled & cut into 2 cm cubes (or kabocha or sweet potato)
- 2 medium red/yellow bell peppers, thinly sliced (about 2½ cups)
- 1 medium onion, thinly sliced (about 200 g)
- 240 ml water (divided; 60ml & 180ml)
- 1 T Frontier Co-op Mexican seasoning (or homemade equivalent)
- ¼ tsp salt
- 250 ml enchilada sauce (*\*see below*)
- 1 (400 g) can black beans, rinsed
- 150 g frozen corn kernels
- 4 corn tortillas, halved & cut into 2.5 cm strips
- 60 g shredded cheddar cheese
- 1½ T salsa (≈ 25 g)
- Plain Greek yogurt + chopped pak chee (optional)
- Lime wedges (optional)



### Instructions

1. Preheat oven to **200°C**, rack in upper third.
2. In a large oven-safe skillet, heat **2 T olive oil** over **medium-high heat**. Add **squash, bell peppers**, and **onion** in one layer; **cook 4–6 min** until beginning to brown.
3. Add **60 ml water**, stir and scrape browned bits; cook until just tender, **3–4 min**.
4. Stir in **Mexican seasoning** and **salt** until vegetables are coated.
5. Add **enchilada sauce, black beans, corn, tortilla strips**, and remaining **180 ml water**. Mix well, then top evenly with **cheese**.
6. Bake until bubbling and cheese is melted, **10–12 min**. Optionally, brown the top using a kitchen torch for 2 min.
7. Garnish with **salsa, yogurt**, and **pak chee**; serve with **lime wedges**.

### Homemade Enchilada Sauce (reference)

Nutrition per 100 ml: 78.7 kcal | 5.4 g fat | 7.1 g carbs | 1.2 g protein | 275.7 mg sodium

### Estimated Nutrition (per serving of skillet)

Calories	Protein (g)	Fat (g)	Sat Fat (g)	Carbs (g)	Sugars (g)	Fiber (g)	Sodium (mg)
420	15	17	4.2	49	10	9	560

### Notes & Substitutions

- Add ½ tsp MSG to the sauce if you reduce salt — enhances umami.
- Substitute pumpkin (かぼちゃ) for butternut squash if unavailable.

- To make it a complete meal, serve with a simple green salad or sliced avocado.

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## 🌶️ **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*)



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### 🔍 **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)

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### 📌 **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.

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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