

"It's Nacho Business" Meal

Video Links:

Part 1: <http://www.youtube.com/watch?v=Zl57Pnkimys>

Part 2: <http://www.youtube.com/watch?v=nF3n2GpJmjs>

Enchilada filling

In a pan over med-high heat, dry sauté **one diced white onion**. When it's translucent, add **6-7 cloves of garlic**, **1 red bell pepper, diced** and **24 oz thinly sliced baby bella mushrooms**.

When mushrooms are cooked down, add **1 tsp cumin seed**, **1 diced tomato**, **1 tsp cinnamon**, **1/2 - 1 chipotle peppers in adobo sauce**, and **1 Tbsp adobo sauce**.

Just before filling the enchiladas, mix in **3/4 cup of cilantro**, chopped.

Enchilada sauce

Soak **two-each of three different kinds of dried peppers** (the smaller, the spicier) and soak in at least 5 cups of water for a couple hours. I soaked 3 guajillo, 2 ancho/pasilla, and 2 chipotle peppers.

Put on gloves or oil your hands. Remove peppers (2 guajillo, 1 ancho, and 1 chipotle) from soaking liquid. Scrape out the seeds and put peppers in blender.

Add the soaking liquid, about 3-4 cups.

Add **half an onion, quartered**, **1/2 tsp salt**, **1 tsp ground cumin**, **1 tsp ground cinnamon**, **4 Tbsp raw cacao nibs**, **4 cloves garlic**, **1/2 cup AP or whole wheat pastry flour**.

Blend till smooth and add to large saucepan.

Add **1 quart of vegetarian chicken stock** (bouillon or boxed stock).

Stir over medium-high heat until thickened.

If not spicy enough, blend the rest of the peppers and add to sauce.

Assembling Enchiladas

Warm each side of a **corn tortilla** directly on the burner/stovetop or warm skillet: a couple seconds each side.

Roll enchiladas with filling, leaving a little space between each for the sauce (makes 18-20 enchiladas in two 13x9 pans).

Top with enchilada sauce.

Put enchiladas in the oven: 375 degrees for 20 minutes.

Drizzle queso sauce on top of enchiladas after removing from the oven.

Queso

<http://veganmanifesto.blogspot.com/2011/10/its-nacho-business.html>

Oven Tortilla Chips

Cut remaining corn tortillas into 1/8ths triangles.

Put on a cookie sheet sheet, avoiding too much overlap, and spray with cooking oil if desired (optional). Bake for 15 minutes at 375 degrees till they start to brown.

Sprinkle with sea salt.

Papaya salad

- **1 papaya**, cut in half lengthwise
- **1 red onion**, sliced into half moon shapes
- **Red wine vinegar**
- **Maple syrup or agave**
- **Mixed Greens**

First, marinate the red onion: Coat onions with 1/4-1/3 cup sherry/red wine vinegar, a drizzle of maple syrup, and a sprinkle of sea salt. Stir and set aside for 30 minutes.

Scrape seeds out of half of the papaya and use for the salad dressing. Thinly slice or dice that half of the papaya.

To assemble the salad, start with a bed of mixed greens, top with marinated onions, then the papaya. Mix in dressing when serving or allow each individual to dress their own salad.

Papaya Seed Dressing

- Seeds from half of the papaya
- 2 Tbsp **maple syrup or agave**
- 1/4 tsp **sea salt**
- **juice of 2 limes**

Puree in blender.