

Black Bean Spinach Enchiladas



4.8 from 34 votes

Easy vegan black bean enchiladas with spinach and sweet corn.

Smothered in the most amazing Mexican-inspired homemade enchilada sauce!

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Prep Time	Cook Time	Total Time
25 mins	20 mins	45 mins

Course Main Dish

Cuisine Gluten-Free Option, Mexican-inspired, Vegan

Servings 8 enchiladas

INGREDIENTS

FOR THE ENCHILADA SAUCE:

- 2 Tbsp. olive oil
- 1/4 cup tomato paste
- 1/4 cup all-purpose flour (I use GF all-purpose)
- 2 tsp. ground cumin
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. chili powder
- 3 cups vegetable broth
- Salt/pepper to taste

FOR THE ENCHILADAS:

- 15 oz. can black beans
- 1 1/2 cups sweet corn (I use canned or frozen & thawed)
- 6 oz. fresh baby spinach
- 6 green onions (thinly sliced)
- 1/3 cup cilantro (chopped)
- 2 tsp. ground cumin
- 1 cup vegan cheese shreds (or nutritional yeast to taste)
- 8 large flour tortillas (or GF tortillas or corn tortillas)

INSTRUCTIONS

MAKE THE SAUCE:

1. In a saucepan, heat olive oil over medium heat. Add tomato paste, flour, 2 tsp. cumin, garlic powder, onion powder, and chili powder. Cook 1 minute, whisking.
2. Whisk in broth, and bring to a light boil. Reduce to simmer, and cook until slightly thickened, about 8 minutes. Salt/pepper to taste and set aside.

MAKE THE ENCHILADAS:

1. Preheat oven to 375°F (190°C).
2. Sauté the spinach in a pan over medium heat for 1-2 minutes until lightly wilted.
3. In a large bowl, combine black beans (rinsed and drained), 3/4 cup vegan cheese (more/less as desired), wilted spinach, corn, green onions, cilantro, and 2 tsp. cumin.
4. In a 9×13 inch baking dish (lightly sprayed if desired) pour a small amount of the sauce to coat the bottom.
5. Generously fill tortillas with mixture, roll up tightly with ends tucked in, and place seam side down in dish.
6. Pour remaining sauce over the enchiladas, coating evenly. Sprinkle 1/4 cup cheese on top if desired.
7. Bake for about 20 minutes. Garnish with additional cilantro and/or green onions before serving if desired.

Notes

Made gluten-free with GF tortillas and GF flour (I use Bob's Red Mill gluten-free all-purpose flour.)

Freezer Instructions:

A sweet reader, Kara, tested out this recipe as a freezer meal and found it worked great. (Thank you Kara!) Here are her instructions:

“I made the enchiladas as you outlined above, stopping before adding the sauce and cheese to the top. I froze the enchiladas and the sauce separately. Thawed the sauce in the fridge overnight, then when I was ready to bake, I heated the sauce slowly in a saucepan – whisking helped keep it smooth. Then poured the sauce over the frozen enchiladas, added some cheese, and baked @ 400, covered for 30 minutes and uncovered for 15 minutes.”

*Recipe adapted from **Martha Stewart***

Nutrition Per Serving (Estimate)

Calories: 253 kcal

Carbohydrates: 38 g

Protein: 8 g

Fat: 9 g

Saturated Fat: 2 g

Potassium: 546 mg

Fiber: 8 g

Sugar: 4 g

Vitamin A: 2594 IU

Vitamin C: 13 mg

Calcium: 106 mg

Iron: 4 mg