

Enchilada Sauce

Swick

Makes 5 cups | Active Time: 15 minutes | Total Time: 25 minutes

Step 1: Gathering Your Mise en Place

- 2 tbsp all-purpose flour*
- 1 tbsp unsweetened cocoa
- 2 tbsp Chili Powder
- 1/2 tsp cayenne chili powder*
- 2 tsp dried Mexican oregano*
- 2 tsp ground cumin
- 1 tsp onion powder
- 2 tsp garlic powder
- 2 cups Tomato Sauce
- 3 cups vegetable stock

Note: For a gluten-free sauce, instead of all-purpose, either use gluten-free flour or use 1 1/2 tablespoons of flax meal.

For this recipe we used this Chili Powder recipe, which has good flavor and is not too spicy. If another chili powder is used, the amount of chili powder and/or cayenne may need to adjust to suit your tastes. That being said, this sauce is meant to be a bit spicy — but if you are very sensitive to spice, you may want to use less cayenne. Note however that the sauce is meant to be used as a light coating, so it won't be as hot when used alongside other foods.

Note: If you do not like things very spicy then you may want to reduce or omit the cayenne powder altogether — the amount here adds a nice kick of heat. For the oregano, Mexican oregano does taste different than Greek oregano and if possible it should be used for this recipe.

For the tomato sauce, use your favorite neutral-flavored tomato sauce. If buying the tomato sauce, which is fine, a brand that we really like is Rao's Marinara Sauce.

Step 2: Making the Sauce

- sea salt, to taste

To cook the sauce, in a saucepan, whisk together the flour (or flax meal), cocoa powder and spices — then add 1/4 cup of stock. Place the pot over low heat and slowly whisk in the remaining stock. Note: If your stock is quite strong and/or salty, use 2 cups stock and 1 cup water instead of 3 cups stock.

Next, add the tomato sauce and bring the mixture to a gentle boil. Let cook for a few minutes until the sauce thickens slightly. When done, it will look like a thin tomato soup.

Once done, remove from the heat and taste for seasoning. The amount of seasoning needed, will depend on the saltiness of your stock and also what you are going to use the sauce for. If the tomato sauce used was a bit chunky, you may want to put the sauce into a blender and pulse a few times to create a smoother consistency.

This sauce goes particularly well with any type of enchilada — here is a recipe for some delicious Mushroom & Bean Enchiladas. This sauce also goes well with many other Mexican-inspired meals, such as this Tofu Sofrita Bowl.

Chef's Notes

For a sauce that is a bit sweeter, we sometimes add 1/2 a diced apple or a bit of sweetener to the sauce before blending it.

If desired, add a few chilies for extra flavor and depth. We often like to add a few dried Ancho, Guajillo, and/or chilies de Arbol.