

best vegan enchilada recipe

best vegan enchilada recipe offers a delicious and nutritious alternative to traditional enchiladas, catering to plant-based diets without sacrificing flavor or texture. This comprehensive guide explores the key components, preparation techniques, and variations that make this recipe a standout choice for anyone seeking a wholesome vegan Mexican dish. From selecting the perfect plant-based fillings to crafting a rich, homemade enchilada sauce, the article covers every essential step to achieve authentic taste and satisfying results. Special attention is given to ingredients that enhance both nutrition and flavor, ensuring that the best vegan enchilada recipe is accessible and enjoyable for all skill levels. Additionally, tips on presentation and serving suggestions help elevate this dish for any occasion. The following sections provide a detailed overview of ingredients, sauce preparation, assembly, baking, and customizable options, making this recipe a comprehensive resource for vegan cuisine enthusiasts.

- Ingredients for the Best Vegan Enchilada Recipe
- Preparing the Vegan Enchilada Sauce
- Filling Options and Preparation
- Assembly and Baking Instructions
- Serving Suggestions and Variations

Ingredients for the Best Vegan Enchilada Recipe

The foundation of the best vegan enchilada recipe lies in selecting fresh, high-quality ingredients that contribute to both flavor and nutrition. This includes plant-based proteins, vegetables, and seasonings that combine to create a balanced and satisfying dish. Staples such as corn tortillas, black beans, and a variety of spices are essential, along with fresh produce like onions, garlic, and peppers. Incorporating nutrient-dense ingredients ensures the enchiladas are both hearty and healthful.

Essential Ingredients

The essential ingredients for a vegan enchilada recipe typically include:

- **Corn tortillas:** Soft and pliable, ideal for rolling and absorbing sauce.
- **Black beans or pinto beans:** Provide protein and texture.
- **Vegetables:** Such as bell peppers, onions, zucchini, and corn for added flavor and nutrition.
- **Spices:** Ground cumin, chili powder, smoked paprika, and garlic powder to enhance taste.

- **Fresh garlic and onions:** For foundational aromatics.
- **Plant-based cheese alternatives (optional):** To add creaminess and richness.

Additional Ingredients for Flavor and Texture

To elevate the best vegan enchilada recipe, consider adding:

- **Fresh cilantro:** Adds brightness and a fresh herbal note.
- **Lime juice:** For a tangy contrast to savory components.
- **Avocado slices or guacamole:** Provides creaminess and healthy fats.
- **Vegan sour cream or cashew cream:** To enrich the dish with a creamy texture.
- **Vegetable broth:** Used in sauce preparation to deepen flavor.

Preparing the Vegan Enchilada Sauce

The sauce is a critical element that defines the character of the best vegan enchilada recipe. A well-made enchilada sauce balances heat, smokiness, and a touch of acidity to complement the fillings perfectly. Making the sauce from scratch allows control over ingredients, ensuring it remains free from animal products and unnecessary additives.

Ingredients for Homemade Enchilada Sauce

A classic vegan enchilada sauce typically includes:

- **Tomato paste:** Provides a rich, concentrated base.
- **Chili powder:** Gives the sauce its signature heat and depth.
- **Ground cumin and smoked paprika:** Add earthiness and smokiness.
- **Garlic powder and onion powder:** Enhance savory flavor.
- **Vegetable broth:** Thins the sauce and adds umami.
- **Apple cider vinegar or lime juice:** Introduces acidity to balance richness.
- **Salt and black pepper:** Season to taste.

Step-by-Step Preparation

To prepare the enchilada sauce:

1. Heat a small amount of oil in a saucepan over medium heat.
2. Add chili powder, cumin, smoked paprika, garlic powder, and onion powder; toast spices briefly to release aromas.
3. Stir in tomato paste and cook for 1-2 minutes.
4. Gradually whisk in vegetable broth until the desired sauce consistency is reached.
5. Add vinegar or lime juice, salt, and pepper; simmer for 10-15 minutes, stirring occasionally.

Filling Options and Preparation

The fillings in the best vegan enchilada recipe are versatile and can be tailored to personal preference or seasonal availability. The goal is to combine flavors and textures that complement the enchilada sauce and tortillas while providing a balanced, nutritious meal. Common filling bases include legumes, vegetables, and grains.

Popular Vegan Filling Ingredients

Common ingredients for fillings include:

- **Cooked black beans or pinto beans:** Offer protein and creaminess.
- **Roasted vegetables:** Such as sweet potatoes, zucchini, or bell peppers for sweetness and texture.
- **Cooked quinoa or rice:** Add bulk and heartiness.
- **Sautéed mushrooms:** Provide umami and meatiness.
- **Chopped spinach or kale:** Introduce leafy greens and nutrients.

Preparation Tips

To prepare the filling:

1. Sauté onions and garlic until translucent and fragrant.

2. Add chopped vegetables and cook until tender.
3. Mix in cooked beans and grains.
4. Season with chili powder, cumin, salt, and pepper.
5. Adjust seasoning to taste and remove from heat.

Assembly and Baking Instructions

Proper assembly and baking techniques ensure the best vegan enchilada recipe delivers a satisfying texture, with tortillas softened by the sauce and fillings melded into a cohesive dish. Baking also allows flavors to marry and develop depth.

Step-by-Step Assembly

Follow these steps to assemble the enchiladas:

1. Preheat the oven to 375°F (190°C).
2. Lightly oil a baking dish to prevent sticking.
3. Warm tortillas to increase pliability, preventing cracks during rolling.
4. Dip each tortilla briefly in the enchilada sauce to coat.
5. Place a generous spoonful of filling on each tortilla.
6. Roll tortillas tightly and place seam-side down in the baking dish.
7. Pour remaining enchilada sauce evenly over the assembled rolls.
8. Optionally, sprinkle vegan cheese over the top for added richness.

Baking Process

Bake the assembled enchiladas for 20-25 minutes or until the sauce is bubbling and the edges of the tortillas are slightly crispy. Remove from the oven and allow to cool slightly before serving, permitting the sauce to set and flavors to meld.

Serving Suggestions and Variations

Serving the best vegan enchilada recipe with complementary sides and toppings enhances the dining experience. Additionally, variations allow customization to suit different tastes and dietary needs.

Popular Toppings and Sides

Recommended toppings and accompaniments include:

- **Fresh cilantro and sliced green onions:** Add freshness and color.
- **Avocado slices or guacamole:** Provide creaminess and healthy fats.
- **Vegan sour cream or cashew cream:** Adds a tangy, creamy element.
- **Pico de gallo or fresh salsa:** Introduce brightness and acidity.
- **Mexican rice or refried beans:** Complement the enchiladas and complete the meal.

Recipe Variations

To customize the best vegan enchilada recipe, consider these variations:

- **Spicy version:** Add jalapeños or chipotle peppers to the sauce or filling.
- **Green enchiladas:** Use a homemade tomatillo sauce instead of red sauce.
- **Grain-free option:** Use collard greens or large lettuce leaves instead of tortillas.
- **Extra protein boost:** Incorporate crumbled tofu or tempeh into the filling.

Frequently Asked Questions

What are the key ingredients for the best vegan enchilada recipe?

The key ingredients include corn tortillas, black beans or lentils, vegan cheese or nutritional yeast, enchilada sauce, onions, garlic, bell peppers, and spices like cumin and chili powder.

How can I make a flavorful vegan enchilada sauce from scratch?

To make a flavorful vegan enchilada sauce, blend tomato sauce or puree with chili powder, cumin, garlic powder, onion powder, smoked paprika, vegetable broth, and a pinch of salt. Simmer the mixture for 10-15 minutes to develop the flavors.

What are some popular fillings for vegan enchiladas?

Popular vegan enchilada fillings include seasoned black beans, lentils, sautéed mushrooms, tofu crumbles, roasted vegetables like zucchini and bell peppers, and corn.

Can I make vegan enchiladas gluten-free?

Yes, to make vegan enchiladas gluten-free, use corn tortillas that are certified gluten-free and ensure that all other ingredients, like enchilada sauce and spices, do not contain gluten.

How do I assemble and bake the best vegan enchiladas?

Warm the tortillas to make them pliable, fill each with your chosen filling, roll them up, place them seam-side down in a baking dish, cover with enchilada sauce and vegan cheese, and bake at 375°F (190°C) for about 20-25 minutes until bubbly.

What sides pair well with vegan enchiladas?

Great sides for vegan enchiladas include Mexican rice, guacamole, salsa, vegan sour cream, a fresh salad with lime dressing, or refried beans.

Additional Resources

1. *The Ultimate Vegan Enchilada Cookbook*

This book offers a comprehensive collection of delicious and creative vegan enchilada recipes. From classic flavors to innovative twists, it caters to both beginners and experienced cooks. Each recipe is accompanied by step-by-step instructions and vibrant photos that make cooking enjoyable and easy.

2. *Plant-Powered Enchiladas: Vegan Recipes for Every Occasion*

Focuses on plant-based ingredients to create flavorful enchiladas suitable for any meal. The author emphasizes nutrient-rich components while maintaining authentic Mexican flavors. Readers will find options for gluten-free, soy-free, and quick-prep enchiladas.

3. *Vegan Mexican Kitchen: Enchiladas and Beyond*

This book dives into the rich culinary traditions of Mexican cuisine with an emphasis on vegan adaptations. It includes enchilada recipes alongside other Mexican staples, showcasing a variety of sauces, fillings, and salsas. Perfect for those who want to explore authentic tastes without animal products.

4. *Enchiladas Made Easy: Quick Vegan Meals*

Designed for busy individuals, this cookbook features fast and simple vegan enchilada recipes that

don't compromise on flavor. Many recipes require minimal ingredients and can be prepared in under 30 minutes. It's ideal for weeknight dinners or casual gatherings.

5. *The Green Enchilada: Fresh and Healthy Vegan Recipes*

A health-focused cookbook that highlights fresh, whole-food ingredients in vegan enchiladas. Readers will learn how to incorporate superfoods and vibrant vegetables into their meals. The book also provides nutritional information and tips for maintaining a balanced vegan diet.

6. *Vegan Enchiladas for Every Season*

This unique cookbook organizes vegan enchilada recipes according to seasonal produce. It encourages cooking with fresh, local ingredients to maximize flavor and sustainability. Seasonal tips and storage advice make it a practical guide for year-round cooking.

7. *Saucy and Spicy: Vegan Enchilada Sauces and Recipes*

Dedicated primarily to the variety of sauces that elevate vegan enchiladas, this book includes recipes for red, green, mole, and other regional sauces. It explores how to prepare each sauce from scratch and pairs them with complementary fillings. Great for those who want to master the art of enchilada sauces.

8. *Comfort Vegan Enchiladas: Hearty and Soulful Recipes*

Offers a collection of comforting and filling vegan enchiladas designed to satisfy cravings. The recipes focus on rich flavors, creamy textures, and hearty ingredients like beans, tofu, and cashew cheese. Ideal for cozy meals and family dinners.

9. *Global Vegan Enchiladas: Fusion Flavors from Around the World*

This innovative cookbook blends traditional enchilada recipes with international influences. It features fusion recipes that incorporate spices and ingredients from various global cuisines while remaining entirely vegan. A perfect choice for adventurous cooks looking to expand their culinary horizons.

Best Vegan Enchilada Recipe

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best vegan enchilada recipe: Frugal Vegan Katie Koteen, Kate Kasbee, 2017-06-20 More than 50,000 copies sold! Following a Vegan Diet Has Never Been Easier, Cheaper or More Delicious Live a healthy vegan lifestyle without breaking the bank with these 99 affordable and delicious plant-based recipes. Frugal Vegan teaches you how to avoid pricey perishables and special ingredients, and still enjoy nutritious, exciting food at every meal. Learn the tips and tricks to creating plant-based cuisine on a budget and fill yourself up with a delicious feast. Katie Koteen and Kate Kasbee are your guides to changing up your vegan cooking routine using less expensive ingredients. There's a meal idea for every time of day, whether it's a hearty breakfast of Pineapple Scones or Biscuits and Gravy; a Backyard BBQ Bowl or Crunchy Thai Salad for lunch; or Beer Battered Avocado and Black Bean Tacos, Mushroom Stroganoff or Chickpea Curry for dinner. Host

movie night with a delicious snack like Salted Peanut Butter Popcorn, or indulge in Chocolate Coconut Cream Puffs for dessert. With practical tips and approachable recipes, Frugal Vegan will help you create stunning plant-based meals that'll not only save you money, but save you time in the kitchen, too.

best vegan enchilada recipe: 100 Best Vegetarian Recipes Carol Gelles, 2013-02-28 Easy Meatless Dishes for Everyday Meals This irresistible little book presents 100 essential vegetarian recipes—easy, delicious, wonderfully adaptable dishes that you're guaranteed to love, from Green and White Lasagna to Indonesian Vegetable Stew. Updating dishes from the author's classic, award-winning 1,000 Vegetarian Recipes, it's a must-have kitchen companion, whether you enjoy meatless meals occasionally or you are a devoted vegetarian.

best vegan enchilada recipe: Mastering the Art of Plant-Based Cooking Joe Yonan, 2024-09-03 Discover the richness of global vegan cuisine with this “practical guide to plant-based cooking” (Yotam Ottolenghi), featuring more than 300 mouthwatering recipes for flavorful staples, weeknight meals, and celebratory feasts, from a James Beard Award-winning food writer. “Packed with so many vibrant, inventive recipes that you won’t know what to try first!”—Jeanine Donofrio, creator of Love & Lemons Plant-based eating has been evolving for centuries, creating a storied base of beloved recipes that are lauded around the globe. Mastering the Art of Plant-Based Cooking is the first book to collect these dishes and wisdom into a single volume, treating vegan food as its own cuisine, worthy of mastery. As an award-winning food editor and writer, Joe Yonan has spent years reporting on and making plant-based foods. With his finger on the pulse of this ever-growing cuisine, he has collected recipes and essays from prominent food writers in the plant-based sphere, creating a book that shows the true abundance of vegan food around the world, offering something for everyone. The book opens with an in-depth pantry section, showing how to create homemade versions of foundational ingredients like milks, butters, stocks, dressings, and spice mixes. The following chapters build on these elements, with recipes for meals throughout the day like: • Smoky Eggplant Harissa Dip • Chile-Glazed Sweet Potato and Tempeh Hash • Citrus and Mango Salad with Fresh Turmeric and Cucumbers • Bibimbap with Spicy Tofu Crumbles • White Pizza with Crispy Cauliflower and Shitakes • Enchiladas Five Ways • Black Tahini Swirled Cheesecake With numerous variations on base recipes, an extensive dessert section, hundreds of vegan meals, and stunning photography, Mastering the Art of Plant-Based Cooking will become a mainstay in your kitchen, delivering new ideas for years to come.

best vegan enchilada recipe: Vegan Casseroles Julie Hasson, 2014-10-07 When it comes to traditional comfort food, most of the key ingredients are off-limits to health-conscious vegans. But giving up shepherd's pie, eggplant parm, and cheesy rice casserole was not an option for Julie Hasson, who took on the challenge to recreate flavors she loved, but without the cheese, eggs, butter, and cholesterol. The results are a mix of retro flavors, such as Nacho Cheesy Sauce and a lighter Cream of Mushroom Soup, and fresh, veggie-forward dishes like Mediterranean Stuffed Cabbage Rolls and Summer Corn Custard. The recipes come together quickly, focus on healthier substitutions without the trans-fats, and are endorsed by some of the toughest critics, Julie's college-aged children and their visiting friends! With recipes like Zucchini Basil Lasagna and Tamale Pie, you're guaranteed to find a casserole you'll love. You can even make your own casserole creations by pairing any of the super-simple sauces with your favorite veggies and rice or pasta. Of course, desserts are an important cap to any casserole-based meal: satisfy your sweet tooth with dishes like Rustic Bread Pudding. Now: dig in and feel good about it!

best vegan enchilada recipe: Viva Vegan! Terry Hope Romero, 2025-05-01 As coauthor of the phenomenally successful cookbooks Veganomicon and Vegan Cupcakes Take Over the World, Terry Hope Romero has long been one of the most popular vegan chefs around. Now, in her first solo cookbook, Romero opens the world of Latin flavor to vegans and foodies alike. Viva Vegan! expands the palates of anyone looking for a way to add fresh, seasonal ingredients and authentic spice to their meals without relying on animal products. A proud Venezuelan-American, Romero's enthusiasm for her culture shines through every recipe. Viva Vegan! covers every aspect of Latin cooking across

the Americas: refreshing bebidas (drinks), vibrant ensaladas, hearty empanadas, nourishing stews, and one-dish wonders. Learn the basics-how to make the perfect tamale, salsa to complement any dish, and beans from scratch-plus special treats like flan, churros, and more. Complete with gorgeous color photos, *Viva Vegan!* is the ultimate guide to authentic and inspired new Latin cuisine.

best vegan enchilada recipe: *Eating Plant-Based: Essential Cookbook For The Modern Vegan* Jermaine Magandazi, 2019-09-26 The date was August 20th 2017. My girlfriend and I where on the last season of *Breaking Bad* wondering what we were going to watch after the show finished. A buddy of mine at the time suggested that we watch a Netflix documentary titled 'What The Health' He had recently chosen to incorporate a more plant based diet after unsuccessfully trying a keto based diet. For a while I was hesitant to watch this documentary for reasons unknown besides the fact that it might cause me to have to think outside my comfort zone and confront certain things about my diet which had not been the healthiest at that point in time. After dwelling on the suggestion for a while I finally caved in and watched. Afterwards, I decided for health reasons to incorporate a plant based diet. It was a bit rocky at first but after a couple of months I was on the right track and have never looked back since. It has been a little over 2 years now and I couldn't be happier with my decision to forgo meat and incorporate a more plant based diet. I have not only lost weight, but I also feel healthier and more energized on a daily basis. I feel less groggy, and happier than I did 2 years ago. So with a healthy transition in mind, I decided to create a cookbook for vegans, vegetarians and transitioning vegans alike, with simple to make recipes and step by step instructions for one of the best vegan cookbooks on the market. So from the bottom of my heart, I would like to thank you for investing not only in your health but the future of our planet. Go Vegan!

best vegan enchilada recipe: *Romance Discovery of Love* Boris Utan, 2020-05-24 The novel portrays the struggles of nurse Joanesse going through a divorce and starting a new life in the Middle East. She eventually finds love under the most unexpected circumstances. Will she be able to hold on to the newfound romance, or will she have to let it go? Her life is about to take a turn when the the Covid-19 Pandemic sweeps through the health care system and takes over the world.

best vegan enchilada recipe: *The Little Vegan Cookbook* Editors of Fair Winds Press, 2016-06-15 The Little Vegan Cookbook compiles 500 cruelty-free recipes from several vegan titles for a cookbook that's filled with hearty entrees, indulgent desserts, and everything in between. Vegans and non-vegans alike can satisfy their every craving with this collection of 500 delicious and nutritious plant based, cruelty free recipes! The Little Vegan Cookbook has exhaustively compiled the best recipes -- entrees, sides, snacks, desserts -- from a myriad of other vegan cookbooks by a variety of authors. The result is the finest, highly curated collection of vegan dishes you could wish for. These recipes include hearty main dishes, fresh and light salads, wholesome soups and stews, and surprisingly decadent desserts and baked goods. Plus, this pocket-sized vegan kitchen companion fits on even the smallest of shelves, and easily comes with you should you need to cook somewhere other than your own kitchen. The Little Vegan Cookbook is sure to be a staple in your home for years to come!

best vegan enchilada recipe: *Around the World Vegan Style* Nancy Robinson, 2009-04 Despite the Western diet high in meat and dairy products, much of the rest of the world has traditionally followed a primarily or entirely vegetarian diet. Tragically, there has been a dramatic transition in the latter as world meat production has increased about 10 times the world population growth rate in just a few decades. I have witnessed the transition to a diet high in animal products in places as beautiful as Micronesia and sub-Saharan Africa, where diseases such as diabetes and heart disease have just begun to rear their ugly heads. This grave trend also multiplies the devastating consequences for the environment worldwide and for the countless billions of animals killed each year for food-10 billion land animals and 10 billion sea animals in the United States alone. Many of us wonder what steps we can take to make a difference in the world. Here, the answer is simple. Following a vegan diet is the first and foremost step to improve the condition of the environment, human health, and the lives of animals. *Around the World Vegan Style* tells you how and why. Hope Ferdowsian, M.D., M.P.H. In *Around the World Vegan Style*, Nancy Robinson unites all people of the

globe through a single common bond- the love of delicious food! In its pages you'll find authentic recipes all free of animal products and featuring chefs' specialties, all sure to please your palate and increase your appreciation for global cuisine. Let Around the World Vegan Style turn your kitchen into a travel adventure for your tongue, while healthfully nourishing yourself, your family, and friends. Welcome aboard. The journey to worldwide taste delights starts here! Michael Klaper, M.D. Author: Vegan Nutrition: Pure and Simple Nancy Robinson's cookbook could not come at a better time. The whole world is beginning to realize that animal agriculture-a major source of water pollution and deforestation-is one of the biggest culprits in global warming. The 2007 United Nations report shows that farmed animals are a top contributor to today's serious environmental problems, including greenhouse gases. The global increase in meat consumption also causes rates of obesity, diabetes, heart disease, and other diet-related illnesses to soar. If we're going to reverse the damage we've done to our health and the environment, we have to begin now. Around the World Vegan Style is a step in that direction. Patrice Green, M.D., J.D. Assistant Professor, University of Maryland School of Medicine Faculty Member, Union Memorial Hospital Internal Medicine Fellow, American College of Legal Medicine There is just food and the land to grow that food. If we can all just realize this simple fact for one moment, and stop fighting over the land that holds the roots that support the tree that bears the fruit that feeds the child, then maybe, just maybe...peace. Around the World Vegan Style is more than a cookbook. Nancy Robinson shares how the vegan lifestyle embraces all facets of just food for all life. George Eisman, Registered Dietitian, Teacher, and Clinician Author, The Most Noble Diet I'm delighted to recommend Around the World Vegan Style. Nancy Robinson's cooking is out of this world. Luckily, her superb recipes from around the world are right here in this book. Nancy combines exquisite flavors with the most sumptuous dining experience. There is just one thing to do-dig in and enjoy! Karen Davis, PhD, President, United Poultry Concerns Author, Prisoned Chickens, Poisoned Eggs: An Inside Look at the Modern Poultry Industry

best vegan enchilada recipe: Vegan Burgers and Burritos Sophia DeSantis, 2017-11-07 Say goodbye to dry, boring and overly processed and hello to easy, fun and delicious veggie burgers and burritos from Sophia DeSantis. These next level veggie burgers and burritos are approachable for any chef, and Sophia's mind blowing flavor combinations are unlike any other you've ever had. All burgers and burritos are plant-based, gluten-free and refined-sugar free, and feature real, whole food ingredients, as well as side dish and sauce pairings. Excite your tastebuds and feel satisfied and nourished with the unique and internationally inspired combinations that bring to together flavors even meat eaters will enjoy. Recipes include Smoky Hawaiian, Tangy Black Bean and Chiles and Curry burgers to burritos like Crispy Cauliflower "Fish", Greek Orzo and Thai Burritos. Sophia also includes notes on how to make some of the more exotic burgers and burritos accessible for kids and babies, and sauces like Sriracha Mayo and her coveted vegan sour cream recipe that she's been perfecting for years. This book features 75 delicious recipes and 75 mouth-watering photos.

best vegan enchilada recipe: The Complete Gluten-Free Vegan Cookbook Justin Weber, 2021-04-13 Simple, flavorful gluten-free vegan food for every occasion Eating vegan and gluten-free isn't about the things you can't have—it's about filling your plate with satisfying, wholesome foods. This comprehensive choice in gluten-free vegan cookbooks puts a wealth of options at your fingertips, whether you're cooking for a gluten-free and vegan lifestyle or simply looking to sprinkle healthier options into your repertoire. This standout among gluten-free vegan cookbooks includes: A world of variety—Cook up vegan and gluten-free baked goods, breakfasts, entrées, special occasion dishes, snacks, and sweets. A setup for success—Learn about the essential ingredients and techniques for vegan and gluten-free cooking, and mix up unique spice blends to flavor your dishes. Options for everyone—Choose the perfect dish with labels for recipes that are soy-free, nut-free, plant-based whole foods, or ready in less than 30 minutes. Discover the variety gluten-free vegan cookbooks can offer with this essential collection of recipes.

best vegan enchilada recipe: Vegetarian Times , 1989-12 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while

vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

best vegan enchilada recipe: Vegan Mexico Jason Wyrick, 2016-11-01 The bestselling author of *Vegan Tacos* explores the magic of Mexico's regional cooking—exotic flavors that you can enjoy without leaving your kitchen. Jason's delicious recipes capture the essence of the moles of Oaxaca, the Mayan legacy of the Yucatan, the smoky chile flavors of Zacatecas, the fruit-centric Southern regions, the Spanish influence of Veracruz, and the street food of Mexico City. Recipes include: Oaxacan-Style Black Beans Potato and Drunken Bean Gorditas Chilled Avocado Soup Tofu and Tortillas in Red Salsa Creamy Green Enchiladas Mushroom Crêpes in Poblano Chile Sauce Flan with Apricot Preserves Muddled Sage Margarita A leading authority in vegan Mexican cooking, Jason shares the core concepts for making authentic Mexican cuisine and ties the recipes to their place in the story of Mexico. Readers will come away with a new understanding and admiration for the diversity and flavors of Mexico and be inspired to make delectable main dishes, soups, spreads, sandwiches, breads, desserts, snacks, and much more. "Any vegan interested in cooking unique Mexican dishes Must Have this book. Those not interested in making the recipes will find it a fascinating read and appreciate the research the author has undertaken to deliver a comprehensive look at Mexican cuisine." —Vegetarians in Paradise

best vegan enchilada recipe: *The Great Vegan Protein Book* Celine Steen, Tamasin Noyes, 2015-02-15 How do you get your protein? As a vegan, you're sure to get asked this question often. Most likely, you've even thought about it yourself. Vegan protein comes from things like tofu and tempeh, to beans, nuts, and protein-rich whole grains like quinoa. There are loads of options out there, but how to prepare them? What to put them in? These are questions that can feel daunting, especially if you haven't used these ingredients before. Never fear, Celine Steen and Tamasin Noyes to the rescue! *The Great Vegan Protein Book* takes you step-by-step through each protein-rich vegan food group, providing you with valuable information on how to prepare the ingredient along with more than one hundred delicious and easy recipes (many of them low-fat, soy free, and gluten-free!). Each recipe uses whole food ingredients that can be easily found at most grocery stores or farmer's markets-no hard-to-find ingredients or things you can't pronounce. Say yes to protein and eating better with *The Great Vegan Protein Book*!

best vegan enchilada recipe: *Step-By-Step Beginners Instant Pot Cookbook (Vegan)* Rohit Sahu, 2020-10-22 Whoever said healthy food can't be delicious clearly hasn't explored this cookbook! If you're health-conscious like me and crave tasty, nourishing meals, then you're in for a treat. Inside this cookbook, you'll discover over 100 mouthwatering instant pot recipes that are not only incredibly delicious but also backed by the principles of Ayurveda for optimal nutrition. The best part? These recipes won't break the bank as they utilize readily available ingredients found right in your own kitchen. With each recipe thoughtfully portioned and designed to be ready in 30 minutes or less, you'll have wholesome meals on the table in no time. Say goodbye to tasteless health food and hello to flavor-packed dishes that will satisfy your cravings and nourish your body. In *This Instant Pot Cookbook, You can Expect to Find:* □ Insider's Tips and Tricks to Maximize Your Instant Pot's Potential □ Common FAQs and Essential Facts to Master Your Instant Pot □ Pro Tips for Getting the Most Out of Your Instant Pot □ Mistakes to Avoid While Using Your Instant Pot □ Completely Vegan Recipes with No Non-Veg Ingredients Whether you're cooking for yourself, your family, or hosting friends, these easy and healthy recipes are sure to impress. From delightful breakfast meals and comforting stews to hearty soups, flavorful beans, and satisfying main course options, this cookbook has it all. You'll also discover tantalizing appetizers, refreshing salads, delectable desserts, and even some popular Indian dishes to spice up your culinary adventures. Don't wait another moment to enjoy the perfect blend of health and taste. Grab your copy of this *Instant Pot Cookbook* today and embark on a delicious journey of nutritious eating.

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best vegan enchilada recipe: The Best Veggie Burgers on the Planet, revised and updated Joni Marie Newman, 2019-07-23 Hold on to your buns, the burger revolution has begun! The Best Veggie Burgers on the Planet takes the popular veggie burger to the next level of flavor and fun with more than 100 daringly delicious, internationally inspired vegan burgers—burgers that stack up to any patty around (meat-full or meat-free) and will wow not only your vegetarian and vegan friends, but all the skeptics, too. In this revised edition of the original, you'll find more than 30 new recipes featuring healthier options, fewer processed ingredients, and more whole-food, plant-strong ingredients like jackfruit and aquafaba (plus icons for no added oil/salt/sugar, and even more gluten-free recipes!). You'll also find budget-friendly tips and tricks, a fast-food favorites" section that recreates iconic favorites from popular chains, updated techniques, and alternative cooking methods to include the slow cooker and air fryer. All of the recipes you'll find inside have been expertly designed to suit your every craving and desire, and include such favorites as: Denver Omelet Breakfast Burger BLT with Avocado Burger Pulled Pork Sliders Inside-Out Sushi Burger Super Quinoa Burger Sesame Bean Banh Mi Burger Mac and Cheese Burger Split Pea with HAMburger Summer Squash Burger Korean BBQ Burger With The Best Veggie Burgers on the Planet, you'll find more than 100 ways of looking at burgers in a whole new way. Let's get this "patty" started!

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