



# FORKS OVER KNIVES®

## Potato Enchiladas

From *The Starch Solution* by John McDougall, M.D. and Mary McDougall

Photo by *Eco-Vegan Gal*

Serves 4-6



4 medium-large potatoes, peeled and cut into 1" chunks  
1 onion, chopped  
1-2 cloves garlic, crushed or minced  
 $\frac{3}{4}$  cup low-sodium vegetable broth  
2 jalapeno peppers, seeded and finely chopped (wear plastic gloves when handling)  
1 teaspoon chili powder  
Freshly ground black pepper  
1 cup fresh spinach, cut crosswise into thin ribbons  
2  $\frac{1}{2}$  cups Enchilada sauce (recipe follows)  
8 whole wheat tortillas  
Salsa fresca (optional)

### Instructions:

Preheat the oven to 350° F. Have ready a nonstick 13" x 9" or 3-quart baking dish.

Boil the potatoes in enough water to cover them until they are almost tender, 5 to 7 minutes. Drain and set aside.

Put the onion and garlic in a large nonstick skillet with  $\frac{1}{4}$  cup of the broth. Cook, stirring frequently, until the onion softens, about 5 minutes. Add the jalapenos and another  $\frac{1}{4}$  cup of the broth and cook 1 minute. Add the chili powder, pepper to taste, the cooked potatoes, and the remaining  $\frac{1}{4}$  cup broth. Mix well, then cook and stir 1 minute. Stir in the spinach, then remove the pan from the heat.

Spread  $\frac{1}{2}$  cup of Enchilada Sauce in the bottom of the baking dish. Lay a tortilla on a flat surface and spread about  $\frac{1}{4}$  cup of potato mixture in a line down the center of the tortilla. Roll the tortilla and place it seam-side down in the baking dish. Repeat. Pour the remaining Enchilada Sauce evenly over the rolled, filled tortillas.

Cover the dish and bake for 30 minutes. Serve hot, with salsa on the side, if desired.

## **Enchilada Sauce**

*Makes about 2½ cups*

This versatile red sauce is the one I use in our Tamale Pie and Potato Enchiladas. Keep some on hand in the fridge and I am certain you will find many other uses for it as well.

**1 can (8 ounces) tomato sauce**  
**1-1½ tablespoons chili powder**  
**2 tablespoons cornstarch**  
**¼ teaspoon onion powder**  
**⅛ teaspoon garlic powder**

### **Instructions:**

Whisk together the tomato sauce, chili powder, cornstarch, onion and garlic powders, and ½ cups of cold water in a saucepan. Cook and stir over medium high heat until the sauce thickens, about 5 minutes.

Serve warm. Refrigerate leftover sauce in an airtight container and refrigerate for up to 1 week. Reheat in a saucepan over low heat, stirring with a whisk, until warm.