



Serves 4-6

Preparation Time: 30 minutes

Cook Time: 30 minutes

INGREDIENTS:

4 medium-large potatoes, peeled and cut into 1" chunks

1 onion, chopped

1-2 cloves garlic, crushed or minced

¾ cup low-sodium vegetable broth

2 jalapeño 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

2½ cups [Enchilada Sauce](#)

8 whole wheat tortillas

Salsa fresca (optional)

Plant-Based Potato Enchiladas

Use firm, waxy potatoes (not the mealy baking kind) in this Mexican favorite: Yukon gold, Yellow Finn, or purple potatoes all work well.

This Mexican recipe is from *The Starch Solution*

By Forks Over Knives

- 1 Preheat the oven to 350° F. Have ready a nonstick 13" x 9" or 3-quart baking dish.
- 2 Boil the potatoes in enough water to cover them until they are almost tender, 5 to 7 minutes. Drain and set aside.
- 3 Put the onion and garlic in a large nonstick skillet with ¼ cup of the broth. Cook, stirring frequently, until the onion softens, about 5 minutes. Add the jalapeños and another ¼ cup of the broth and cook 1 minute. Add the chili powder, pepper to taste, the cooked potatoes, and the remaining ¼ cup broth. Mix well, then cook and stir 1 minute. Stir in the spinach, then remove the pan from the heat.
- 4 Spread ½ cup of Enchilada Sauce in the bottom of the baking dish. Lay a tortilla on a flat surface and spread about ¼ 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.
- 5 Cover the dish and bake for 30 minutes. Serve hot, with salsa on the side, if desired.