

Ingredients

Red Enchilada Sauce

- 1½ Tablespoons olive oil
- 2 Tablespoons all-purpose flour
- 2 cups vegetable stock (480ml)
- 2 Tablespoons chili powder
- 14oz canned crushed tomatoes (400g)
- 3 cloves garlic
- 1 Tablespoon vinegar *
- ½ teaspoon salt
- 1½ Tablespoons sugar
- (Optional) ½ - 1 teaspoon hot sauce **

Chickpea filling

- 1 Tablespoon olive oil
- 1 large yellow onion
- 14oz cooked chickpeas (400g)
- 1 large bell pepper, any color
- ¾ cup red enchilada sauce (180ml)
- 4 Tablespoons sour cream
- 2.6oz cheese (75g cheddar, pepper jack, cotija or feta)
- ¼ teaspoon salt

Enchiladas

- 1¾ cups red enchilada sauce
- 8 8-inch flour or corn tortillas
- 5.5oz grated cheese (150g, cheddar or pepper jack)

Instructions

Red Enchilada Sauce

1. Add the oil to a small saucepan and heat on medium-high. Add the flour and whisk in until smooth.
2. When the roux begins to bubble, reduce heat to medium and cook for two minutes, whisking regularly, until slightly browned.
3. Add the chili powder and whisk in. Increase heat to high and pour half a cup of the vegetable stock in and whisk until smooth. When thickened, add the rest of the stock half a cup at a time, repeating the process.
4. When all the stock has been added, add the remaining ingredients (tomatoes, garlic, vinegar, salt, sugar, and hot sauce if using) and mix well.
5. When the mixture starts bubbling, reduce heat to medium-high and cook 10-12 minutes until thick enough to coat the back of a spoon. You may need to reduce the heat more as the mixture thickens, and use a splatter guard.

Chickpea filling

1. Heat olive oil in a large pan or skillet on medium-high. Chop onions and add. Fry until brown, stirring regularly to prevent burning, reducing heat if necessary.
2. Chop and add the bell pepper, and cook another three minutes. Add the chickpeas and cook for two more minutes.
3. Add the remaining ingredients (enchilada sauce, sour cream, cheese, salt), and stir to mix. Take off the heat.

Enchiladas

1. Preheat the oven to 350°F (180°C). Grab a tortilla and place an eighth of the chickpea mixture just below the midline (fold in half to

make a crease if unsure) with at least half an inch distance from the edges of the tortilla.

2. Grab the edge closest to you on the side with more filling and tuck neatly over the filling.

3. With two hands, tightly roll up the enchilada applying even pressure, as you would a sushi roll, and leave seam side down.

4. Pour about a quarter cup (four tablespoons) into an 8 x 12-inch ceramic or pyrex casserole dish and use the back of the spoon to smooth over the bottom and into the corners.

5. Place the enchilada in, again with the seam side down, and repeat the process with the other enchiladas until all eight enchiladas are filled, rolled and placed in the dish.

6. Pour the remaining red enchilada sauce over the middle of the enchiladas and use the back of a spoon to smooth the sauce over the tops of the enchiladas.

7. Evenly sprinkle the grated cheese over. Loosely cover with foil, preferably tented so as not to touch the cheese. Bake for 20 minutes in the middle of the oven, remove foil last five minutes. Then broil for two-three minutes if you prefer your cheese browned.

8. Done! Allow to cool slightly and serve. Add toppings*** if desired.