

# Vegan Enchiladas by Eight Forest Lane



Hearty and comforting vegan enchiladas stuffed with black beans, sweet potato, corn and spinach wrapped up in flour tortillas and covered with a combination of smokey enchilada sauce and an easy creamy dairy-free cheese sauce.

<b>Course</b>	Main Course
<b>Cuisine</b>	Mexican
<b>Prep Time</b>	30 minutes
<b>Cook Time</b>	1 hour
<b>Soaking Time</b>	2 hours
<b>Servings</b>	6 people
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## Ingredients

### For the cashew cheese sauce:

- 1 ½ cups raw cashews
- 1 cup water
- 1 clove garlic
- 1 teaspoon salt
- 1 tablespoon nutritional yeast optional

### For the filling:

- 3 cups sweet potato cut into 1.5cm cubes
- 2 tablespoons olive oil
- ½ teaspoon paprika
- ¼ teaspoon ground cumin
- salt and pepper to taste
- ½ cup corn kernels
- 1 x 400 gram can black beans rinsed
- 2 cups baby spinach
- ½ cup enchilada sauce
- ½ cup cashew cheese sauce

### To assemble:

- 6 regular flour tortillas
- 1 ½ cups enchilada sauce divided
- ⅓ cup cashew cheese sauce

### To serve:

- Avocado
- Lime

## Instructions

1. Make the enchilada sauce.
2. Make the cashew cheese sauce. Soak the cashews in water for 2 hours to soften them. Drain the cashews and add to your blender with the remaining ingredients. Blend until smooth and creamy. Set aside.
3. Preheat the oven to 180°C and line a baking sheet with baking paper. Add the sweet potato that has been cut into 1.5 cm pieces and drizzle with olive oil. Add the paprika, cumin, salt and pepper and toss until the sweet potatoes are covered. Bake for 15 minutes. Remove from the oven and add the corn kernels and toss to combine before placing back into the oven for a further 5 minutes.
4. In a bowl combine the roasted sweet potatoes and corn with the remaining filling ingredients and mix together.
5. In a casserole dish spread out ½ cup of enchilada sauce. Place spoonfuls of the filling into the centre of a tortilla and tightly roll up and place seal side down in the prepared dish. Repeat with the remaining tortillas.
6. Pour the remaining 1 cup of enchilada sauce over the top, followed by the cashew cheese sauce. Place in the oven to bake for 30 minutes or until the edges of the tortillas are golden brown.
7. Serve immediately topped with avocado and lime wedges.

## **Notes**

If you have a high powered blender feel free to skip soaking the cashews however for mine I find if I don't soak them my sauce doesn't get quite as smooth. Cashew cheese sauce can be kept in the fridge for 3-4 days.

For freezing instructions, see the blog post above.