

Spinach Enchiladas

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 12

6 Servings

Ingredients	Qty	Measure
Fresh Baby Spinach	2	pound
Onion (diced small)	1	cup
Garlic (minced)	¼	cup
Roma tomatoes (chopped)	3	cups
Salt	1	Tsp.
Pepper	1	tsp
Flour or Corn Tortilla	12	each
Vegan Sour Cream & Green Chili Sauce		
Earth Balance	4	Oz.
Onion	½	cup
Garlic	1	Tbsp.
All-purpose flour	4	Oz.
Unsweetened soy milk	32	Oz.
Chopped green chilies	8	Oz.
Vegan sour cream	4	Oz.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sauté onions and garlic. Add tomatoes, spinach, salt, and pepper
2. Spoon into tortilla and roll up.

Green Chili Sauce

1. Melt Earth Balance, add onions and garlic, sauté
2. Stir in flour, cook until it emits a nutty aroma
3. Add 16 oz. of soy milk, stir continuously until creamy. If it's too thick, add more soy milk. You don't want it too thin.
4. Stir in chilies and sour cream
5. Ladle over enchiladas

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

2 enchiladas; garnish with chopped cilantro.

Nutrition Information *From USDA Nutrient Database

Calories: 478 Total Fat: 23g Saturated Fat: 6.5 Carbohydrate: 58g Protein: 15g Sodium: 1289mg
Vitamin A: 834µg Vitamin C: 65mg Calcium: 414mg Iron: 7mg Folic Acid: 401µg