

Gluten Free Enchiladas



Time: 60-65 minutes (prep 35 minutes, baking 25-30 minutes)

Serves: 2-3

Ingredients: [Gluten free tortillas](#)

1 ½ cup salsa

½ cup plain, cooked [long grain brown rice](#)

1 tablespoon olive oil

½ red onion, diced fine

1 clove garlic, minced

5 mushrooms, chopped

1 red, orange, or yellow bell pepper

1 cup of spinach

2 teaspoons cumin

1 tablespoon fresh cilantro, chopped

1 cup beans (black, great northern, or pinto) * soak beans overnight

½ cup corn

½ cup nutritional yeast

Salt & pepper to taste

Optional Toppings:

Fresh tomatoes, diced

Fresh cilantro, chopped

Avocado or guacamole

Directions:

1. Put beans in a pot and cover with water, bring to a boil and cook until tender.
2. Preheat oven to 350 degrees F.
3. Lightly oil a large casserole dish. Spread 1 cup of salsa on the bottom of the pan.
4. Prepare long grain-brown rice, using 2/3 cup water with ½ cup rice. Bring rice, water, and 1/8 teaspoon salt to a boil. Cover and reduce to a slow steady simmer for 30-40 minutes. Then let the cooked rice sit for 10 minutes, covered, then remove the lid and fluff with a fork.
5. Heat 1 tablespoon oil in a large sauté pan over medium-high heat. Add onion and garlic and sauté until translucent. Add mushrooms and peppers. Sauté for 5 minutes or until vegetables are soft and starting to brown.
6. Add spinach, cumin, cilantro, beans, corn and salsa, stirring until mixed and warm. Season with salt and pepper to taste. Stir the cooked rice into the vegetable mixture.
7. Spoon a row of the vegetable filling in a line down the center of the tortilla and roll the tortilla around the filling.
8. Lay the rolled tortilla seam-side down in the salsa-covered pan. Continue with remaining tortillas and bake uncovered for 25 minutes. If the tortillas start to brown too much cover the pan with foil and continue baking.
9. Remove from oven, let cool for 5 minutes, then sprinkle with nutritional yeast and desired toppings before serving.