

Roasted squash and bean enchiladas with tomato rice



AJ Tear:

"I grew up with home cooked food and I'm sure that's been a positive influence - as has living communally and sharing food. It was good practice to cook for 5-10 housemates and friends on an almost daily basis for several years - and volunteering to cook at community events and cafes, where numbers were regularly 50 or more.

I moved to cooking professionally when I became disillusioned with my "corporate" jobs in about 2007, and I can't think of doing anything else now!

I love to cook creative, interesting, healthy food that's entirely vegan. So many people think they can't eat exciting food if it's vegetarian or vegan and I'm here to show them that's a total myth!

My style is hard to pin down - I mainly cook with local seasonal ingredients, so for example while I love Thai and Mexican, they are more summer cuisine and heartier, root vegetable based dishes feature in the winter. Lentils, beans, grains, nuts and seeds feature generously in my cooking - food should be delicious AND very nutritious :-)"

[Food By AJ](#)

Shopping list

Bulb of garlic
3 onions
bunch of fresh coriander
1-2 lemons
a chilli (fresh or dried)
can of beans
a cup or so of sweetcorn
450ml passata
2 cans chopped tomatoes
1 small squash (any kind)
Rice
Oregano, paprika, cumin, chilli powder
Veg stock
4-6 tortillas

Enchilada sauce (makes about 2 cups):

- 1 tbsp olive/sunflower oil
- 1 small onion, finely chopped
- 3 cloves garlic, minced
- 2 tbsp chilli powder (or adjust to taste)
- 1 tablespoons cumin
- 1 tsp salt
- ¼ teaspoon oregano
- 450-500ml passata
- 1 cup stock

Instructions

1. Heat oil in a medium saucepan over medium-high heat. Add diced onion and cook until just browned, about 5 minutes.
2. Stir in garlic, chili powder, cumin, salt and oregano and cook for about 30 seconds, stirring constantly.
3. Add in the tomato sauce (passata) and stock. Bring mixture to a simmer and cook for approximately 8 to 10 minutes, stirring occasionally.
4. You can strain or blend it for a smooth sauce but it's also ok to leave it as is.

Enchiladas:

- 1-2 tbsp olive/sunflower oil
- 1 large onion, peeled, halved and sliced
- 2-4 cloves garlic, minced
- 1 small or ½ a large squash, any kind
- handful of sweetcorn
- 1 tbsp cumin
- 1 tbsp paprika
- 2 tsp oregano
- juice of about ½-1 lemon
- salt and pepper to taste
- 1 can chopped tomatoes
- 1 can/240g of cooked kidney/black/red carlin/black badger peas
- Handful of fresh coriander, chopped

Instructions

1. Preheat the oven to 200 °c.
2. Wash the squash then cut in half and de-seed. Lay it cut side down on a baking tray with a couple of centimetres of water in the bottom and bake for around 30 mins. (If you have a squash that's easy to peel when raw, then do that, cut into small chunks and roast with some oil, salt and pepper for 20-30 minutes.)
3. You want it to be slightly soft to the touch, but not super soft as ideally it will still be able to be cut into chunks, not just fall apart.
4. While the squash is roasting, slice your onion, mince the garlic, juice the lemon and gather your spices together.
5. Heat a (preferably) wide saucepan and add your oil. Once warm, put the onion in with a pinch of salt and cook it until it's softening, then add the garlic and a couple of minutes later, the spices.
6. Stir for a minute or so then add the chopped tomatoes and cooked beans. Add some pepper and a little water and turn the heat down.
7. Remove the squash from the oven and carefully turn upside down, so it cools down quickly.
8. When cool enough to handle, cut the skin off (it should be very easy to do now) and chop the (lovely plant!) flesh into small-ish cubes and add to your pan.
9. Add the corn, lemon juice and the fresh coriander, mix well then taste for seasoning and add more if desired. Remember there is a lot of heat in the sauce, so you don't need the mixture to be spicy unless you really like it hot!
10. Take an oven tray – preferably something like a pyrex or ceramic dish, though other trays are fine – it needs to be at least 6cm deep. Spread a thin layer of the enchilada sauce on the tray to cover the base.
11. On a clean surface or a chopping board, lay out one tortilla (*if possible, warm a little in a pan,*

oven or microwave, it will be easier to fold up). Spoon enough of the squash mix on it to fill the middle -probably a big heaping serving spoon or so.

12. Now fold the sides of the tortilla in. The sides of the tortilla should not be touching.

13. Then use your thumbs to bring the bottom of the tortilla up to cover the filling. Tuck in the ends of the tortilla as you bring up the bottom tortilla flap.

14. Roll up the bottom of the tortilla as tightly as possible. Keep on rolling the tortillas until it is completely roll-up.

15. Place into the tin at one end, crease side down so it will stay together. Continue with the remainder of the tortillas, packing each one tightly next to the previous one.

16. Once you've done all of them, spread the remainder of the enchilada sauce over the enchiladas, covering them as much as possible.

17. Bake in a 200 °c oven for about 30 minutes, until they are lightly browned.

Tomato rice

- 1 cup rice
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 can chopped tomatoes
- 1 hot chilli (left whole)
- Juice of ½ a lemon
- Handful fresh coriander, chopped
- Seasoning

Instructions

1. Rinse the rice a few times, until the water runs fairly clear.

2. In a medium saucepan, add a bit of oil and once hot, add the onion, garlic and chilli. Stir a couple of minutes, then add the rice, stir again to mix well, then add the tomatoes, a cup of water and some seasoning.

3. Stir once more, then bring to a boil.

4. Turn the heat down low and cover for about 15 minutes for white rice, or 35 for brown.

5. Gently stir through the fresh coriander and lemon juice.