

Enchiladas Verdes

The sauce:

6 medium-sized tomatillos, husks removed
1 serrano chili, ribs and seeds removed (*optional*)
1–2 garlic cloves, peeled
¼ cup fresh packed cilantro
1 teaspoon chicken-like seasoning
salt to taste

Preheat the oven to 220°C (425°F).

Line a baking tray with foil.

Place tomatillos and jalapeños on the baking tray.

Drizzle with a little olive oil and sprinkle with salt.

Wrap peeled garlic in foil and add to baking tray.

Roast for 15 minutes, then turn over and roast on the other side for a further 15 minutes.

Remove garlic from foil and place in blender with the roasted tomatillos, jalapeños, cilantro, seasoning and salt.

Blend to desired consistency.

The filling:

1 onion, chopped
4 potatoes*, boiled
1 tablespoon olive oil
Salt to taste

Cook the potatoes until tender, let cool and cut into cubes.

Sauté the onion in the olive oil.

Add the potatoes, stir and salt to taste.

*May use seasoned tofu or a vegan cheese substitute instead of potatoes.

Putting it together:

Heat the sauce.

Heat the tortillas and dip them into the sauce, coating both sides, and lay tortilla on a plate.

Place a strip of potatoes on the middle of tortilla, and roll it up.

May transfer rolled enchiladas to baking tray and sit in the oven on low temperature, to keep them warm until ready to serve.

Serve with refried beans, sliced radishes, finely chopped lettuce, olives, vegan sour cream, and avocado.

Mexican Scrambled Tofu

Ingredients:

225g (8oz) tofu

2 tablespoons nutritional yeast

½ lemon, juiced

½ teaspoon salt, or 1 tablespoon Braggs Liquid Aminos

½ cup onion, finely chopped

2 cloves garlic, minced

½ cup diced capsicum (bell peppers)

1 tablespoon olive oil

1 tomato, seeded and diced

1 serrano chilli (*optional*)

Method:

In a small bowl, crumble tofu to the texture of scrambled eggs.

Add nutritional yeast, salt, and lemon juice and set aside.

Sauté onions in the oil over medium heat for 5 minutes, stirring occasionally.

Add capsicum, garlic, and sauté for another 5 minutes until the capsicum is tender.

Stir in crumbled tofu.

Heat thoroughly, stirring occasionally.

Add the tomatoes and cook until the tomatoes start to give off their juice.

Serve immediately.

We like to eat this in a heated corn tortilla with avocado!

Guacamole

Ingredients:

2–3 ripe avocados

1 tomato, seeded and finely chopped

½ teaspoon salt

1 tablespoon fresh lime (or lemon) juice

2 tablespoons to ¼ cup of finely chopped onion (red or white)

2 tablespoons cilantro (leaves and tender stems), finely chopped

Method:

Mash the avocado using a fork.

Add the rest of the ingredients.

Mix together and serve.

Variation:

Follow the directions above omitting the tomatoes and cilantro.

Finely shred half a head of green cabbage and mix with the avocado mixture until well coated.

Enjoy this on top of a tostada or by itself.

We love this and my mother-in-law calls it 'Parrot Salad'.

Refried Beans

Cooked beans:

2 cups dried beans, soaked overnight

½ onion

¼ cup chopped onion

2 garlic cloves, chopped fine or pressed in a garlic press

1–2 tablespoons olive oil

1 tablespoon Salt

Rinse the soaked bean in clean, running water.

Place the beans in a pot.

Add water to the pot until beans are covered by 7–8cm (3 inches) of water.

Bring to a boil, then lower heat to a simmer.

Place the ½ onion, garlic and oil in the pot.

Let cook 6–8 hours until tender.

Discard the onion and garlic.

Refried Beans:

In a large skillet, sauté ¼ cup chopped onions in a little oil until clear.

Add desired amount of beans with some of the water.

Mash with a potato masher.

Serve with a variety of meals.