

# Butternut Mole Enchiladas

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/butternut-mexican-recipe>

## Ingredients:

- 1 butternut small, pumpkin, acorn or winter squash, peeled and diced
- oil
- salt
- pepper
- 1 can black beans rinsed, drained
- 6 ounces queso fresco cheese crumbled, or shredded jack or mozzarella
- 8 corn tortillas 6 -,x 7 inch
- cilantro optional
- toasted pumpkin seeds optional
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- avocado optional
- sour cream optional
- 15 ounces tomato sauce can
- 4 cloves garlic
- 1/2 onion rough diced
- 1/2 cup water
- 1 tablespoon soy sauce
- 3 chipotle chilies in adobo sauce 2– ,plus 1 Tablespoon adobo sauce
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 2 teaspoons coriander
- 1/2 teaspoon salt to taste
- 1/2 teaspoon pepper
- 4 tablespoons tahini paste 3– ,sesame, or peanut butter
- 2 ounces dark chocolate squares

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 77 grams

3. Cholesterol: 40 milligrams
  4. Fat: 42 grams
  5. Fiber: 19 grams
  6. Protein: 25 grams
  7. SaturatedFat: 13 grams
  8. Sodium: 1760 milligrams
  9. Sugar: 19 grams
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