

Quick Enchilada Sauce

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-sauce-and-potatoes-mexican-recipe>

Ingredients:

- 28 ounces diced tomatoes or can of crushed, try to use cans with no sodium added
- 2/3 cup vegetable broth
- 1 chipotle pepper from a can
- 1 tablespoon adobo sauce the sauce that comes with canned chipotle peppers
- 3 tablespoons olive oil
- 3 tablespoons gluten free all purpose flour use regular all-purpose flour if not gluten free
- 4 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon granulated garlic
- 1 teaspoon salt add more if necessary
- 1 tablespoon dark muscovado sugar optional

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 14 grams
3. Fat: 12 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1540 milligrams
8. Sugar: 9 grams

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