Black Bean Enchiladas with Smoked Tofu and Mole Verde

Description

You can use chicken as a subsistute for non vegetarians.

Summary

Yield: 4
Source: The Flexitarian Table - Peter Berley
Prep Time: 2 hours
Category: Casseroles
Cuisine: Vegetarian

Ingredients

Mole verde

- 1/4 cup extra-virgin olive oil
- 1 cup pumpkin seeds
- 1 cup finely chopped onion
- sea salt (to taste)
- 1 cup vegetable stock or water
- 1 cup coarsely chopped tomatillos, (8 oz.) disgard papery skins and rinse before chopping.
- 2 poblano chilies, roasted, peeled, seeded and chopped
- 1 large jalapeno, roasted, peeled, seeded and chopped
- 6 cup sliced romaine or green leaf lettuce

Filling

- 3 tbsp extra virgin olive oil
- 2 cups finely chopped onions
- 1 cup chopped peeled carrots
- 1 cup chopped celery
- 1 1/2 tbsp ground cumin, preferably toasted and freshly ground. (see tip)
- 3 garlic cloves, finely chopped
- 2 tbsp tomato paste
- 1/2 tsp sweet spanish smoked paprika (optional)
- 3 cups cooked black beans, (8oz. dried, see tip),with 1 cup of the cooking liquid, to 2 14 oz. cans, rinsed and drained
- sea salt and freshly ground black pepper, to taste

The rest

- 12 ozs smoked tofu, chopped
- 8 8 inch flour tortillas (i used corn)
- 1 cup smoked shredded cheddar cheese

Instructions