GF Enchilada Sauce

This easy homemade enchilada sauce recipe is made from simple pantry ingredients that are quickly whisked together on the stovetop. Together they make a flavorful and authentic enchilada sauce that will immediately shine in any Mexican dish. Once you learn how to make enchilada sauce from scratch you will never want to go back to bottled or canned. This recipe is vegan, gluten-free, grain-free and doesn't contain any refined sugars or artificial ingredients.

INGREDIENTS

1/4 cup extra virgin olive oil
1 1/2 tablespoons arrowroot powder (also known as arrowroot flour)
2 large garlic cloves, pressed
2 tablespoons of my 5-minute homemade taco seasoning
1/2 teaspoon fine salt
tiny pinch of cinnamon (optional)
2 tablespoons double concentrated tomato paste
2 cups low-sodium vegetable broth
1 teaspoon white distilled vinegar
more chili powder to taste (depending on how spicy you like your enchilada sauce)

INSTRUCTIONS
Heat oil in a saucepan. Whisk in the arrowroot powder until combined, and cook 1 min

Add the pressed garlic and seasonings (taco seasoning, salt and cinnamon) and cook for one more minute to allow the spices to toast.

Add in the tomato paste and then gradually whisk in the broth until the clumps have dissolved and the sauce is smooth.

Bring the sauce to a boil, then reduce the heat and simmer uncovered until the sauce reaches your desired consistency. I like my sauce really thick so I allow it to simmer for about 10 minutes.

Remove from burner and add vinegar. Stir well using a whisk or wooden spoon.

Taste and add more chili powder if you want it spicier. I usually add 1/2 teaspoon. Enjoy!

Taco Seasoning

- 2.5 teaspoons ground chili powder
- 1 teaspoon ground cumin
- 1 teaspoon fine salt
- 1 teaspoon maple sugar (or coconut sugar or any granulated sugar)
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground black pepper

INSTRUCTIONS

1. Place all ingredients in a small bowl and whisk well to combine.
2. Store in an airtight container at room temperature until ready to use.