

Cocoa Infused Enchilada Sauce

I grew up eating my grandma's homemade enchiladas with sauce prepared from chili peppers she ground herself. While this isn't my grandma's exact recipe, it definitely has an authentic Mexican flavor and evokes plenty of nostalgia. It's delicious simply drizzled over eggs, a baked sweet potato, or chicken.

Makes approximately 2½ cups

Ingredients:

¼ cup chili powder
2-3 tablespoons unsweetened cocoa powder
1 teaspoon garlic powder
½ teaspoon ground cumin
½ teaspoon dried oregano
½ teaspoon sea salt
2 tablespoons ghee, avocado oil, or refined coconut oil
2 tablespoons gluten-free all-purpose flour
2 cups low sodium vegetable broth or chicken broth
1 cup tomato sauce or 2 tablespoons tomato paste

Preparation:

1. Mix chili powder, cocoa powder, garlic powder, cumin, oregano, and salt in a small bowl. Measure out broth and tomato sauce or paste. Set aside.
2. Heat ghee or oil in a large saucepan over medium-high heat. Add flour, reduce heat to medium-low, and whisk for approximately 1 minute. Flour will become well dissolved into the oil and the mixture will be bubbly.
3. Stir in spice mixture from small bowl. Gradually stir in broth, then tomato sauce or paste. Break up any lumps using the whisk. Continue to whisk until mixture comes to a gentle boil. Reduce heat to low and simmer for 10-15 minutes, stirring occasionally.
4. Remove from heat and use immediately or transfer to a glass mason jar.

Cook's notes: Can be stored in the refrigerator for up to 2 weeks. To freeze, transfer cooled sauce to a glass mason jar, leaving 1 inch of space at the top to allow for sauce to expand. Seal with a lid and store in the freezer for 3-4 months.

Vegan adaptation: Use vegetable broth in place of chicken broth.

Labels: Gluten-free, Dairy-free, Vegan, 30 minutes or less