

Roasted Vegetable Enchiladas

Recipe created by Della Femina Rothschild Jeary & Partners

Filled with bell peppers, pinto beans, mushrooms and onions, these colorful enchiladas can be mostly made ahead — perfect for entertaining. Pass some crumbled queso fresco, chopped fresh cilantro, and diced avocado at the table.



Cooking Information

Serves: 6

Total Time: 1 hr 30 min

Prep Time: 30 min

Cook Time: 1 h

Ingredients

Magnesium per Ingredient*

* 1 poblano pepper, or green bell pepper	12 mg
* 2 teaspoon(s) extra-virgin olive oil	0 mg
* 1 cup(s) chopped yellow onion	16 mg
* 3 clove(s) garlic, minced	3 mg
* 1 teaspoon(s) salt	0 mg
* 1/2 teaspoon(s) ground cumin	-----
* 1/2 teaspoon(s) chili powder	2 mg
* 1/4 teaspoon(s) paprika	1 mg
* 1/8 teaspoon(s) ground chipotle pepper	-----
* 8 ounce(s) tomatoes, roughly chopped, plus diced tomato	
for garnish	25 mg
* 1 cup(s) vegetable broth	-----
* 1/2 cup(s) packed fresh cilantro, coarsely	
chopped, plus more leaves for garnish	-----
* 3 bell peppers, (1 each red, yellow and orange) diced	40 mg
* 8 ounce(s) cremini (baby Portobello) mushrooms, diced	20 mg
* 3/4 cup(s) diced red onion	12 mg
* 4 1/2 teaspoon(s) extra-virgin olive oil	0 mg
* 1/4 teaspoon(s) salt	0 mg
* 1/8 teaspoon(s) freshly ground pepper	2 mg
* 1 can(s) (15 ounces) pinto beans, rinsed	180 mg
12 6-inch corn tortillas	19 mg/ tort

Directions

1. Preheat oven to 425 degrees F.
2. To prepare sauce: Roast poblano (or bell) pepper directly over the flame of a gas burner, turning frequently with tongs, until evenly charred. (Alternatively, char under the broiler, turning once or twice, for 5 to 7 minutes total.) Transfer to a deep bowl, cover with plastic wrap, and set aside to steam for 10 minutes.
3. Meanwhile, heat 2 teaspoons oil in a medium saucepan over medium heat. Add yellow onion, garlic, 1 teaspoon salt, cumin, chili powder, paprika and ground chipotle and cook, stirring, until the vegetables have softened, about 5 minutes. Remove from the heat.

4. Peel the pepper, discard the stem and seeds, and chop. Add to the saucepan along with chopped tomatoes, broth and chopped cilantro. Return to medium heat and cook, uncovered, at a steady simmer, until the liquid has reduced slightly and the tomatoes have broken down, 10 to 15 minutes. Transfer to a blender and puree. (Use caution when pureeing hot liquids.)

5. To prepare filling: While the sauce simmers, place bell peppers, mushrooms and red onion in a single layer on a rimmed baking sheet. Drizzle with 4 1/2 teaspoons oil and sprinkle with 1/4-teaspoon salt and pepper. Roast, stirring halfway through, until the vegetables are tender and browned in spots, about 15 minutes total. Transfer to a large bowl and stir in beans. Reduce oven temperature to 375 degrees.

6. To prepare enchiladas: Spread 1/2 cup of the sauce in a 9-by-13-inch baking dish. Place a skillet over medium heat. Coat both sides of a tortilla with cooking spray. Heat in skillet for 5 to 10 seconds per side, adjusting the heat if the pan gets too hot. Spread 1/3 cup of the filling and 1 tablespoon of the sauce down the middle of the tortilla and roll it up to enclose the filling. Place seam-side down in the baking dish. Repeat with the remaining tortillas, filling and sauce. Spread the remaining sauce and filling over the enchiladas.

7. Bake, uncovered, until hot, about 15 minutes. Serve garnished with diced fresh tomato and cilantro leaves, if desired.

One serving of this recipe contains approximately 90 mg of magnesium* based on the [Magnesium Calculator](#) within this site. Visit our [Magnesium Calculator](#) to find out how much magnesium is in your favorite recipes.

***This is only an approximation of magnesium intake.**