

THREE SISTERS ENCHILADAS

Paiute Indian Tribe of Utah Cookbook

Ingredients:

12 corn tortillas

1 ½ cups bean puree

Vegetable oil spray

1 medium onion, chopped

2 cloves garlic, minced

1 red and 1 green pepper, sliced thin

1 quart tomato sauce

1 zucchini or summer squash, diced

2 tablespoons cilantro

½ cup reduced fat shredded cheddar or monterey jack cheese

Saute onions, garlic, peppers and squash in oil until tender. Add tomato sauce and cilantro. Turn heat down and simmer for 15 minutes. Coat a casserole dish with vegetable oil spray and line with half the tortillas. Spread bean puree over tortillas and top with cheese. Add remaining tortillas. Add tomato squash sauce on top and bake covered for 1 hour at 350 degrees.

Servings: 8

Notes from Jen Purdy: I used a 29-oz. can of tomato sauce and added salt to the vegetable-tomato mixture. I sprayed a 9x13" pan with vegetable oil spray and poured a little of the tomato-vegetable mixture on the bottom of the pan. I cut the tortillas in half and layered them on the bottom of the pan before adding the bean puree. I used 2 cups of bean puree and about 1 to 1 ½ C cheese to cover the bean puree. After adding the additional layers I baked covered for 40 minutes then finished baking uncovered for 20 minutes.