

# Cheese Enchiladas with Red Sauce

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## Description

Cheese Enchiladas with Red Sauce is a simple yet outstanding dinner recipe for the whole family! Easy, gluten free, and meatless too.

## Ingredients

serves 4-6

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- 14-16 white corn tortillas (I use Mission GF Super Soft Tortillas)
- 16oz shredded Mexican cheese blend

For the Red Enchilada Sauce:

- 3 Tablespoons vegetable oil
- 2 Tablespoons gluten-free flour OR all-purpose flour (dish will not be GF if using AP flour)
- 3 Tablespoons chili powder (see notes)
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- scant 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cumin
- 1/4 cup tomato paste
- 2 cups chicken broth

## Directions

1. Preheat oven to 350 degrees then spray a 9x13" baking dish, or two smaller casserole dishes, with nonstick spray and set aside.
2. For the Red Enchilada Sauce: Heat oil in a saucepan over medium heat then add flour and whisk constantly for 1 minute. Add seasonings - chili powder through cumin - then whisk until the spices are toasted and very fragrant, 1-2 minutes. Add tomato paste then whisk until combined, and then slowly stream in chicken broth while whisking to create a smooth sauce. Turn heat up to medium-high then simmer until sauce has thickened, 3-4 minutes, stirring often. Cool slightly - can be made up to several days ahead of time. Warm before using.
3. Assembly: Spread 1/2 cup enchilada sauce into the bottom of the baking dish then reserve 1 cup shredded cheese and set aside. Place 1 tortilla on a plate or cutting board then add 1/4 cup shredded cheese into the center and roll snugly. Place seam-side down into the baking dish then continue until the dish has been filled.
4. Spoon enchilada sauce over the tops of the tortillas ensuring they are completely covered - uncovered spots will come out tough and hard - then sprinkle reserved cheese on top.

5. Cover baking dish with nonstick sprayed foil then bake for 20-30 minutes, or until the cheese has melted and sauce is hot and bubbly. Let enchiladas rest for 5 minutes then serve.

## Notes

- I use mild chili powder to keep this on the low end of the heat scale - maybe 2-3 on a scale of 1-10 with 10 being mega spicy. Use regular or hot chili powder to spice things up!

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*This recipe is courtesy of Iowa Girl Eats, <http://iowagirleats.com>.*