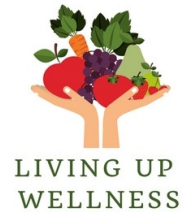


Easy Enchilada Sauce

Course : Side Dish

Categories : Sauce

Source : www.livingupwell.com



Serving size : Makes 2 cups

Preparation time : 5 mins

Cooking time : 5 mins

Ingredients

2 cup chicken/vegetable stock
1/2 onion, diced
1 tbsp. chili powder
1 tsp garlic powder
1/2 tbsp. cumin
1/4 tsp cinnamon
1 tsp oregano
2 tbsp. grass-fed butter/coconut oil
3 tbsp. whole wheat flour
3 tbsp. tomato paste
1 tsp apple cider vinegar

Directions

1. In a small bowl, combine chili powder, garlic powder, cumin, oregano, cinnamon and 1/4 tsp salt.
2. In a saucepan or instant Pot heat pan to med heat (Sauté mode on Instant Pot), add butter/coconut oil and onion. Add 1 tsp of seasoning mix and stir to coat. Cook until onions begin to soften, about 5 minutes.
3. Add the rest of the seasoning, whole wheat flour and tomato paste and stir for 1 minute or until tomato sauce starts to darken.
4. Slowly whisk in 2 cups chicken stock (to remove clumps) and simmer for 5 minutes.
5. Remove from heat. Add 1 tsp apple cider vinegar and season to taste with salt and black pepper.

Notes

Can make this first in slow cooker/instant pot, then continue to make enchiladas or enchilada soup.