

Red Enchilada Sauce

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 8 servings | Serving Size: ½ cup

Ingredients

- ¼ cup olive oil
- ¼ cup white whole-wheat flour
- 2-3 tablespoons chili powder, to taste
- 1½ teaspoons dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- 1 (28-ounce) can no-salt-added crushed tomatoes
- 1 cup water
- 1 tablespoon packed brown sugar

Directions

1. In a medium saucepan, whisk together the oil, flour, chili powder, oregano, cumin, onion powder, garlic powder, and salt.
2. Place the saucepan over medium heat. Heat until bubbling and fragrant, about 3-5 minutes.
3. Add the tomatoes, water, and brown sugar. Whisk to combine.
4. Bring to a boil over high heat, then reduce the heat to maintain a simmer. Cook until slightly thickened, about 8-10 minutes.
5. Use in recipes as desired. Store in an airtight container in the refrigerator for up to 14 days or in the freezer up to 6 months.



Nutrition Facts Per Serving: Calories: 80 | Total Fat: 7 g | Saturated Fat: 1 g
Sodium: 100 mg | Total Carbohydrate: 5 g | Dietary Fiber: 1.5 g | Protein: 1 g

For more recipes, please visit www.nutrition.va.gov



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