Better than Canned Fresh Handmade Enchilada Sauce in Minutes

Makes 1 Quart

Ingredients

- 6 T Olive Oil
- 6 T Flour
- 2 T <u>Double Concentrate Tomato Paste</u> or 4 T Regular Tomato Paste
- 1 ½ T <u>Ancho C</u>hili Powder
- 1 ½ T Guajillo Chili Powder
- 2 t Cumin
- 2 t <u>Unsweetened Cocoa Powder</u>
- 1 t <u>Granulated Garlic</u> or Garlic Powder
- ½ t Salt
- ¹/₂ t Cinnamon
- 4 c Chicken Stock
- 1 T Apple Cider Vinegar
- 1/2 t Fresh Cracked Pepper

Instructions

- 1. Heat chicken stock in small saucepan and set aside
- 2. Make a roux using olive oil and flour. Heat oil over medium heat in 2 Qt saucepan until a sprinkle of flour sizzles. Add flour and cook two minutes stirring constantly
- 3. Add tomato paste and cook for one minute stirring constantly
- 4. Remove from heat and add chili powders, cumin, cocoa, garlic, and salt. Stir until combined
- 5. Return to heat and cook one minute stirring constantly
- 6. Gradually add heated chicken stock stirring constantly to remove lumps. Bring to a simmer.
- 7. Remove from heat and add vinegar and pepper to taste.

Sauce may be refrigerated in airtight container up to one week or frozen up to three months.

Tips for success

The key to this sauce is to start with a roux. Then add tomato paste and cook another minute.

Tip One: Always cook your tomato paste as raw tomato paste has a distinctly acidic taste. Cooking it caramelizes the sugars and makes a more interesting flavor.

Tip Two: By adding the spices to the dry, you open up the spices releasing the oils and developing a more robust flavor.

Chef Tracy Lauth is the leader in the food lifestyle revolution promoting a healthy relationship with everything food. Visit ChefsBestCo.com for recipes, videos, and more on your journey to a healthier you.



Tip Three: Always heat your stock before adding to your roux. Adding cold stock to a hot roux stops the cooking process and promotes lumps. Slowly incorporating a warm liquid makes a smoother sauce.

Tip Four: Bring the sauce back up to a very low simmer and cook for two minutes. This will get the raw flour taste out of your sauce.

Tip Five: This sauce is full of flavor but not heat. Add cayenne or any other chili spice until to reach your desired heat level.

This sauce is very fast so measure out all your ingredients before you start. From start to finish is less than ten minutes.

Chef Tracy Lauth is the leader in the food lifestyle revolution promoting a healthy relationship with everything food. Visit ChefsBestCo.com for recipes, videos, and more on your journey to a healthier you.