

Recipe Name: Breakfast Enchiladas With Mushroom Sauce Recipe

Diet Type: Vegetarian

Course: World Breakfast

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
• 3 Tortillas - (about 7 inch)	2
• 1 tablespoon Extra Virgin Olive Oil	
• 4 Whole Eggs - whisked	
• 1/2 cup Mixed vegetables - (peas	
• 1 Red Yellow or Green Bell Pepper (Capsicum) - chopped	
• 1 Onion - chopped	
• 3 cloves Garlic - minced	
• 1 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Dried oregano	
• 1 teaspoon Red Chilli flakes	
• Salt - to taste	
• 4 tablespoons Cheddar cheese - grated	
• Fresh oregano - as required for garnish (optional)	
• 2 tablespoon Butter - or olive oil	
• 1 Onion - chopped	
• 2 cloves Garlic - minced	
• 2 tablespoons All Purpose Flour (Maida)	
• 12 Button mushrooms - sliced	
• Vegetable stock - as required to make a thick sauce	
• 1 teaspoon Black pepper powder	
• Salt - to taste	

Preparation

- To begin making the Breakfast Enchiladas with Mushroom sauce first make the sauce.
- Heat butter or oil in a pan.
- Add the garlic and onion and saute till the onions turns translucent.



- Add the mushrooms and cook till they sweat.
- Sprinkle the flour and stir.
- Add salt and pepper and stir for about 10 seconds.
- Add vegetable stock as required (about 1 cup) and whisk.
- Cook for a minute and turn off the heat.
- Cool and blend the mushroom mixture to a smooth paste.
- Heat 1 tablespoon olive oil in a pan.
- Add the garlic and onion and saute till the onions turns translucent.
- Add the coloured pepper and vegetables and toss until they becomes soft.
- Add cumin powder, chilli flakes, oregano, salt and stir.
- Add the eggs and whisk till you get a soft scramble.
- Take it off the heat.
- The next step is to assemble the breakfast enchiladas.
- Pre-heat the oven to 180 deg C.
- Grease a 7 inch baking dish.
- Spread little mushroom sauce at the bottom of the baking dish.
- Fill each tortilla with the egg-vegetable mixture, roll up and place in the baking dish.
- Cut the rolls if required to fit the size of the baking dish.
- Spread the remaining sauce over the rolled up tortillas and top with the cheese.
- Bake for about 15 minutes or till the cheese melts.
- Garnish with fresh oregano (if using) and serve immediately.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
-----------------	-------------	-----------	---------	-----------	-----------