

Homemade Enchilada Sauce

Recipe from: [Emeril Lagasse](#)

Makes 2 ½ cups (approximately 20 ounces)

Ingredients

3 Tbsp vegetable oil
1 Tbsp flour
¼ cup chili powder
2 cups chicken stock
10 ounces tomato paste
1 tsp dried oregano
1 tsp ground cumin
½ tsp salt



Directions

1. In a medium saucepan, heat oil. Add flour, stirring with a wooden spoon. Cook for 1 minute.
2. Add chili powder and cook for 30 seconds.
3. Add chicken stock, tomato paste, oregano and cumin. Stir to combine.
4. Bring to a boil, reduce heat to low and cook for 15 minutes, stirring occasionally. The sauce will thicken and smooth out as it cooks.

Notes

This recipe makes the equivalent of 2 cans of enchilada sauce.

If not used immediately, store in an airtight container in the fridge or freeze for later use.

Nutrition Information per ¼ cup: Calories 60, Fat 4.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 270mg, Carbohydrates 6g, Fiber 1g, Protein 1g

Homemade Taco Seasoning

Recipe from: 5dollarinnings.com

Ingredients

1 Tbsp chili powder
1 Tbsp ground cumin
1 Tbsp garlic powder
1 Tbsp onion powder
¼ Tbsp crushed red pepper

Directions

1. Combine all spices until well blended.
2. Store in an airtight jar or container.
3. Add to your favorite taco, enchilada or other Southwest recipes.

Notes

One taco seasoning packet is approximately 3-4 Tbsp and will season 1-2 pounds of protein. Use similar quantities of this recipe, adding salt to taste, to mimic store bought taco seasoning.

