



Red Enchilada Sauce

This is a very fast, low fat and simple take on a Mexican classic

I need to start by addressing all of my Latino amigos that are reading this page. I understand that I've already messed with your Mole' sauce, I've already had you put fat free yogurt into Masa to make 3 point Gringo Tamales on Connect (#dhallakvids), I know that right now you're probably waving your fists in the sky and yelling "what more could this guy do to us?!" Well sorry, but I'm messing with your enchilada sauce now. Traditionally, red enchilada sauce is an incredibly delicious and spicy (depending on the peppers you use) puree of water, seasonings, a BOAT LOAD of oil and tons and tons and tons of dried hot chili peppers. In order to make it really low in points, we need to eliminate the oil. That's why I decided to replace it with tomato sauce and regular chili powder from the spice aisle. The reason being that it is more readily available to people and the thought of dealing with a big bag of dried chili peppers is an intimidating turn off to a lot of folks.

Ingredients:

- 2 cups fat free chicken broth
- 1/2 cup water
- 1 to 2 tsp chili powder, to taste. You can use regular chili powder, or other varieties, such as chipotle and anaheim chili powders, or a combination of them.
- 1/8 to 1/4 tsp cayenne pepper, **(OPTIONAL!)**. Only use the cayenne if you want to make it a spicier enchilada sauce. It's fine without it.
- 1-1/2 tsp garlic powder
- 1-1/2 tsp onion powder
- 1-1/2 tsp ground cumin
- 1/4 to 1/2 tsp salt, to taste
- 30 oz canned tomato sauce

Directions:

- 1 Pour ALL of the ingredients into a medium sized pot and stir to combine over medium heat.
- 2 Bring the sauce to a boil, then cover and reduce the heat to a low simmer. Allow sauce to simmer covered for 15 minutes, stirring occasionally.
- 3 Remove from heat and season to taste.

Serving Size:

Yields: 6 cups
Servings: 12
Serving Size: 1/2 cup



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- last checked 11/15/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

NOTES:

- Various types of dried chili powders can be found in the spice aisle (McCormick's sells chipotle chili powder), or usually in the Latin section of most supermarkets.
- Different brands of chili powder have different levels of heat. Adjust your spice used. Start small, add more to taste.
- Pairing this sauce with 1 point tortillas or wraps, shredded chicken, veggies, and the Fat Free cheese hack will give you some extremely legit, low point enchiladas.
- This sauce goes really well with my low point Tamales. You can find them in on my website in the 'featured recipes' section, as well as in my YouTube channel. You can also search in Connect for [#dhallaktamales](#). If you scroll down, you'll find a video of me making them.