

Recipe

Vegetable Stuffed Tortilla Rolls in Tomato Sauce

By

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Ingredients

Tomato Sauce:

- 2 Tsp olive oil
- ¼ Tsp yellow asafetida powder
- 1 green chili, chopped
- 2 Tsp ground cumin
- 2 Tsp ground coriander
- 1½ C tomato puree
- 2 Tbsp tomato paste
- ½ C water
- 1 Tsp salt

- 1 Tsp sugar

Filling:

- 1 Tsp olive oil
- ¼ Tsp yellow asafetida powder
- 1 large bell pepper (capsicum), chopped
- ½ Zucchini, chopped
- ¾ C corn
- ½ Tsp salt
- ½ Tsp ground black pepper
- 1 C grated mozzarella cheese
- 4, 6-inch tortillas

Preparation

1. **For the Sauce:** Heat oil in a saucepan over moderate heat. Sprinkle asafetida and add the green chili. Saute for 30 seconds. Add the cumin and coriander, then add the tomato puree, tomato paste and water. Cook partially covered over low heat for 20 minutes. Add the salt and sugar and remove from heat.
2. **For the Filling:** Heat oil in a sauté pan. Add the asafetida and all the vegetables. Stir-fry them until tender-crisp. Add the salt, ¼ Tsp black pepper, mix well and remove from heat. Allow to cool.
3. Heat the tortillas on a griddle if previously cooked.
4. Spread 1 Tbsp of tomato sauce over each tortilla. Place the ¼th of the stir-fried vegetables in the center, 2 Tsp of cheese and roll up the tortilla. Place it in a greased 8x8-inch square baking pan. Repeat the same for the remaining tortillas.
5. Pour the remaining sauce over the rolled tortillas, sprinkle with the remaining cheese and black pepper. Bake in a preheated oven at 350 F/180 C for 15-20 minutes or until the cheese turns to light brown color.

Serves

3-4

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