CREAMY BEEF ENCHILADAS

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork and chicken.

Enchiladas meaning “to season with chilies” refers to stuffed corn tortillas that have been dipped in a chilli sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese and sauce.

Smothered in sauce and baked CREAMY BEEF ENCHILADAS are filling and rich so they are best paired with a simple Bean salad or Mexican Rice.

PREP TIME: 20 min **COOK TIME:** 30 min **BAKE TIME:** 30 min **SERVINGS:** 5 -6

INGREDIENTS:

- 1 ½ lbs lean ground beef
- 1 tbsp canola oil
- ½ cup yellow onion sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

DIRECTION:

Heat oil in a medium size pan, add onion and saute until it turns a light brown. Then add the ground beef and brown about 3 – 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 – 3 minutes.

Add the water and simmer the beef and bean mixture for about 20 mins or until the liquid has dried up. Remove from heat and allow to cool.

Pre heat oven to 350 degrees Fahrenheit.

Grease a large, rectangular oven proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.

Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 – 40 mins.

Garnish with chopped tomato, avocado and coriander leaves and serve with a salad, salsa and sour cream if desired.

Bon Apetit..

CREAMY BEEF ENCHILADAS - JEN'S COOKING TIPS

Enchiladas are a staple in Mexican cuisine and also in my home as they are easy to make and serve. This is one of my go to dishes as it can be prepped ahead and baked just before guests are about to arrive.

I have used a basic filling of beef and beans but you could substitute the beef with cooked chicken or pork. I have added cooked black beans to the filling for added protein and flavour.

The creamy enchilada sauce takes minutes to pull together using only one mixing bowl.

The flour tortillas can be substituted with corn or gluten free tortillas.

I have used Mexican shredded cheese but you can use any shredded cheese of your choice.

Use non-stick tin foil for baking as it prevents the cheese from sticking to the foil.

Fresh toppings for garnish can include radishes, jalapenos or finely chopped red onion.

YOU WILL NEED:

Ground beef

Can of Black Beans

6 large flour tortillas

Canola oil

Onion

Mexican Taco seasoning

Died Green Chili Peppers

Milk

Sour cream

Yoghurt

Mexican Shredded Cheese