

Beef Enchiladas

Adapted from gimmesomeoven.com

Total time: 60 minutes | **Yield:** 8 servings

Kitchen Items Needed:

- Large sauté pan
- Mixing/wooden spoon
- 9x13 baking dish
- Measuring cups and spoons
- Can opener
- Knife and cutting board



Ingredients:

- 15 ounces store-bought red enchilada sauce
- 1 tbsp. olive oil
- 1 small white onion, diced
- 4 cloves garlic, minced
- 1 ½ pounds (24 ounces) lean ground beef or turkey
- 1 tsp. ground cumin
- 1 (15 ounce) can pinto beans, rinsed and drained
- 1 (4 ounce) can diced green chiles
- Salt and pepper to taste
- 8 large flour tortillas
- 3 cups Mexican-blend shredded cheese
- *Optional toppings: cilantro, red onion, avocado/guacamole, sour cream, etc.*

Instructions:

- 1. Preheat oven to 350°F**
- 2. Sauté the beef filling:**
 - a. Heat oil in a large sauté pan over medium-high heat.
 - b. Add the onion and garlic and sauté for 3 minutes, stirring occasionally.
 - c. Add the ground beef and cumin and sauté for 5 minutes or until completely browned, crumbling the beef with a wooden spoon as it cooks.

- d. Stir in the beans and green chiles until combined.
 - e. Season the mixture with a few generous pinches of salt and pepper, to taste.
- 3. **Prep baking dish:** Spread ½ cup enchilada sauce evenly across the bottom of a 9x13 baking dish
- 4. **Assemble the enchiladas:**
 - a. Set up an assembly line including: tortillas, enchilada sauce, beef filling, and cheese.
 - b. Lay out a tortilla, and spread 2 tbsp. of the enchilada sauce over the surface of the tortilla.
 - c. Add a generous spoonful of the beef filling in a line down the center of the tortilla.
 - d. Sprinkle with 1/3 cup cheese.
 - e. Roll up the tortilla and place it in the dish.
 - f. Assemble remaining tortillas, putting them tightly in a row.
 - g. Spread remaining sauce over the top of the enchiladas, followed by extra cheese.
- 5. **Bake:** Bake uncovered for 20 minutes, or until the enchiladas are cooked through and the tortillas are slightly crispy on the outside.
- 6. **Serve:** Serve immediately garnished with toppings of choice. To make this a complete meal, add a side of produce (southwest salad, fruit, bell peppers, etc.) Feel free to also add additional sides like chips and salsa 😊