



## BEEF ENCHILADAS

There are literally hundreds of recipes for Enchiladas.

This is my favourite, with a really tasty saucy filling, smothered in a homemade Enchilada sauce. What makes this particularly good is using the beans in the filling, rather than as an accompaniment. They add bulk and keep the filling nice and juicy. This means you can roll the Enchiladas quite thick and they will keep their shape.

This makes 8 Enchiladas and will feed four.

You can make your own refried beans from scratch, however one can of Old El Paso does the job nicely.

### Method

Mix together Spice Mix ingredients. Set aside.

### Enchilada Sauce

1. Heat oil in a large saucepan over medium heat. Add flour and mix to combine into a paste. Cook for 1 minute, stirring constantly.
2. Add 1/4 chicken stock, whisk straight away then it will turn into a thick smooth paste quite quickly.
3. Add remaining chicken stock, passata, salt, pepper and 2 tablespoons of Spice Mix. Whisk
4. Increase heat slightly to medium high. Cook for 3 to and 5 minutes, whisking regularly, until the sauce thickens to the consistency of thick syrup and remove from heat.

### Ingredients

#### Spice Mix

- 1 tsp each onion & garlic powder
- 1 tbsp each cumin powder, paprika and dried oregano
- 1/2 - 1 tsp cayenne pepper (for spiciness)

#### Enchilada Sauce

- 2 tbsp olive oil
- 3 tbsp plain flour
- 500ml chicken stock
- 375 ml tomato passata
- 1/4 tsp each salt and pepper

#### Beef

- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 onion, finely chopped
- 500g minced beef
- 400g can of Old El Paso refried beans
- 400g can black beans, drained

### Enchiladas

- 8 tortillas (or burrito wraps), use the smaller ones at 8"
- 150g grated cheddar cheese
- coriander leaves, roughly chopped (optional garnish)



### Pico de Gallo Salsa

- 6 large tomatoes
- 1/2 cup coriander leaves, roughly chopped
- small finely chopped white onion
- 3 finely chopped chillies (adjust to taste)
- 3 tbsp lime juice (adjust to taste)
- 3/4 tsp salt to taste

### Filling

1. Preheat oven to 180C/350F.
2. Heat oil in a frying pan over high heat. Add garlic and onion, cook for 2 minutes.
3. Add beef and cook for 2 minutes, breaking it up as you go. Add remaining Spice Mix. Cook for a further 2 minutes or until completely brown.
4. Add refried beans, black beans, about 1/4 cup of Enchilada Sauce and salt & pepper. Mix and cook for another 5 minutes.

### Enchiladas

1. Smear some sauce on the bottom of a baking dish. I use a 9" x 14" roasting pan
2. Place filling on the lower third of a tortilla. Roll up then place in the baking dish, seam side down. Repeat with remaining filling and tortillas.
3. Pour Sauce over the Enchiladas, top with cheese, bake for 15 minutes covered (use either foil or an upturned baking tray) then 10 minutes uncovered, or until cheese bubbles and turns golden brown.
4. Serve hot with a cold beer :o)



This works equally well with chicken, or even leftover turkey! To make ahead, roll up Enchiladas and place in baking dish (can smear with sauce underneath). Keep sauce separate and top just before baking.

If you can't get black beans you can use kidney beans. Why not serve with an authentic Pico de Gallo Salsa.

### Pico de Gallo Salsa

1. Cut the tomatoes in half and use a teaspoon to scoop out the seeds and watery centre. Cut into 1cm dice.
2. Combine with remaining ingredients. Set aside for about 20 minutes. Garnish with some chopped coriander
3. Check for seasoning as you go, add more chillies if you like it hot, but be careful not to over do the lime and salt.