

# Beef Enchiladas



PREPARATION TIME  
15 minutes



COOKING TIME  
25 minutes



PERFECT PARTNER  
fresh salsa



To control the fat content and assure the freshest ground beef, consider grinding bottom round or chuck in a food processor, pulsing on and off until the desired coarseness is achieved.

## SHOPPING LIST

- ground beef • tomato
- enchilada sauce • tortillas
- Cheddar cheese
- lettuce • green chiles

## ON HAND

- onion

## INGREDIENTS

- 1 pound ground beef
- 2 (10-ounce) cans enchilada sauce
- 1 (4-ounce) can chopped green chiles
- 1 small onion, chopped
- 2 cups shredded Cheddar cheese, divided
- 12 corn tortillas
- 3 cups shredded lettuce
- 1 large tomato, chopped

SERVES 4

## COOKIN' *Express*

• To soften tortillas and make them easier to roll, place them first between 2 sheets of dampened paper towels and then in a plastic bag. Microwave on HIGH for 30 seconds. Roll the tortillas 1 at a time, keeping the others covered until ready to use.

## Make Ahead

Prepare enchiladas through step 3 up to 2 hours ahead. Store in the refrigerator until baking time.

## ♦ VARIATION

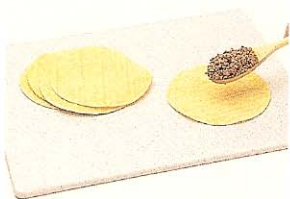
*For a simple low-fat variation, replace the beef with ground turkey.*

**1** Cook ground beef in a skillet until brown and crumbly, stirring frequently. Drain and set aside.



**2** Preheat oven to 350°F. Heat enchilada sauce and green chiles in a medium saucepan until simmering.

**3** Place a heaping spoonful of ground beef, 1 teaspoon onion and 2½ tablespoons cheese on each tortilla. Roll up to enclose filling and place in a baking dish.



**4** Pour sauce over top. Sprinkle with remaining cheese. Bake for 20 minutes. Top with lettuce and tomato.