



Beef Enchiladas



Ingredients, Spice Mix:

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

Ingredients, Enchilada Sauce:

- 2 tbsp olive oil
- 3 tbsp flour , plain/all purpose
- 2 cups (500ml) chicken stock / broth , low sodium
- 1 ½ cups tomato passata OR 1 (8 oz) canned tomato sauce (e.g. Hunts)
- ¼ tsp each salt and pepper

Ingredients, Beef:

- 1 tbsp olive oil
- 2 garlic cloves , minced
- 1 onion , finely chopped (~1 cup)
- 1 lb ground beef (mince)
- 14oz refried beans (1 can)
- 14oz black beans, drained

Ingredients, Enchiladas:

- 8 tortillas (or burrito wraps)
- 1.5 cups grated melting cheese, or more (I like Monterey Jack, tasty or cheddar cheese)
- Cilantro/coriander leaves , roughly chopped (optional garnish)

Method:

1. Mix together Spice Mix ingredients. Set aside.

Method, 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 ½ cup chicken broth, whisk straight away then it will turn into a thick smooth paste quite quickly.
3. Add remaining chicken broth, passata, salt, pepper, and 2 tablespoons of SPICE MIX. Whisk
4. Increase heat slightly to medium high. Cook for 3 to 5 minutes, whisking regularly, until the sauce thickens to the consistency of thick syrup. Remove from stove.

Method, Filling:

1. Preheat oven to 350F.
2. Heat oil in a skillet 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 ¼ cup of Enchilada Sauce + salt & pepper. Mix and cook for 2 minutes then remove from stove.

Method, Enchiladas

1. Smear a bit of Sauce on the bottom of a baking dish (stops sliding).
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 & Tortillas.
3. Pour Sauce over the Enchiladas, top with cheese, bake for 10 minutes covered (Note 5) then 10 minutes uncovered. Serve hot!