
SIMPLE, PERFECT ENCHILADAS

Prep Time 60 m - Cook Time 20 m - Servings 6

Ingredients

For the Sauce

- 1 tbsp canola oil
- 1 tbsp all-purpose flour
- 1 can (28oz) enchilada or red sauce
- 2 cups chicken broth
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 2 tbsp chopped cilantro

For the Meat

- 1 1/2 pound ground beef
- 1 whole medium onion, diced
- 2 cans (4oz) diced green chilies
- 1/2 tsp salt

For the Tortillas

- 10 whole (to 14) corn tortillas
- 1/2 cup canola oil

To Assemble

- 3 cups grated sharp cheddar cheese
- 1/2 cup chopped black olives
- 1 cup chopped green onions
- 1/2 cup chopped cilantro



Directions

Step #1 - The Sauce

In a large saucepan over medium heat, add oil and flour and whisk together to make a paste, cooking for one minute. Pour in the red sauce, chicken broth, cilantro, salt and pepper. Bring to a boil. Reduce heat and simmer 30-45 minutes.

Step #2 - The Meat

Brown the meat with onions in a skillet. Drain off fat. Stir in 2 cans diced green chilies and seasoned salt. Set aside.

Step #3 - The Tortillas

Heat canola oil in a small skillet over medium heat. One by one, using tongs, fry tortillas in oil until soft, not crisp - about 30 seconds per side. Remove to a paper-towel lined plate.

Cooking Tip

When frying foods, choose neutral oils like vegetable oil, refined sunflower oil, canola oil, etc. Stronger flavored oils like olive oil and coconut will change the taste of the fried food.

Also, if you add a pinch of salt to the oil before frying it you will reduce the amount of oil absorbed by the food while it's frying.

Repeat until all tortillas have been fried.

Step #3 - The Assembly

Preheat oven to 350 degrees. Pour ½ cup red sauce in bottom of baking pan. Spread to even out. Dip each tortilla into red sauce, then remove to work surface. Spoon meat, a little grated cheese, a little black olives, and green onions in the center of tortilla. Roll up and place, seam down, in baking pan. Repeat until pan is filled. Pour extra red sauce over enchiladas. Top with remaining cheddar cheese.

Bake for 20 minutes or until bubbly. Sprinkle cilantro over enchiladas before serving.