

BEEF ENCHILADAS

(serves 6)

INGREDIENTS AND QUANTITIES:

1 tbsp oil
1 tbsp minced garlic
1/2 lb. extra lean ground beef
1 chopped green peppers
1 chopped red peppers
2 cups salsa, divided
1 can Black beans, drained, rinsed
1/2 cup shredded cheese
6 flour tortillas (6 inch)
2 Tbsp. Italian Dressing
1 bunch chopped fresh cilantro

EQUIPMENT & UTENSILS:

Frying pan
Small, dry and liquid measures
Wooden Spoon
Knife, brush and cutting board
Baking Dish

PROCEDURE:

1. Preheat oven to 400 F.
2. Cook oil, garlic, meat and peppers in frying pan on high heat until the blood from the meat rises to the top. Flip meat and chop into small pieces. Add cilantro.
3. Add 1 cup of salsa and all the beans. Mix thoroughly and reduce to remove the fluids. Remove from heat when fluids are gone.
6. Brush tortilla shells with dressing. Cover with wax paper and microwave on HIGH for 30 seconds.
7. Spoon 1/2 cup meat mixture in the centre of each tortilla, top with cheese and roll into a roll. Place shells on a baking sheet.
8. Bake 5 minutes. Serve when cheese is melted.