

ENCHILADAS

This is not a difficult recipe to make, but it is fairly labor intensive, especially if you make your own tortillas. (This recipe calls for 12 of them). It's well worth the effort though, and the leftovers are great - if there are any!

CHILI SAUCE:

2 Cans (15 oz.) Tomato Sauce
2 Tablespoons Chili Powder
1 teaspoon Oregano
1/2 teaspoon Cumin
1/4 teaspoon Garlic Powder

Mix well over medium high heat until it boils. Reduce heat and simmer for 5 minutes. Remove from heat and allow to cool.

BEEF FILLING:

1 pound Ground Beef
1 Medium Onion
3/4 Cup Sour Cream
3 Cups shredded Cheddar Cheese
1 teaspoon Salt
1/4 teaspoon Black Pepper
2 Tablespoons chopped Parsley

Dice onion. Brown the beef over medium high heat, making sure the beef is in small pieces. When it is about half way done, add the diced onion and mix in with beef. The onion should be soft and translucent about the same time the beef is done. Remove from heat and drain in a large colander. Rinse with water to get as much fat out as possible. This also cools the mixture so now you can place it in a large mixing bowl and stir in the rest of the ingredients, except reserve 1 cup of the cheese for topping later. Mix well.

Now it's time to put it all together....

Spray a 9 X 13 pan with vegetable oil. Get 2 large dinner plates, and put about 1/2 cup chili sauce on each and spread it around. Take a tortilla, and place it on the first plate. Remove it, turn it over, and place on the second plate. Now put 1/12 of the filling (1/4 to 1/3 cup) on the tortilla, spread it lengthwise, roll the tortilla tightly and place in the pan. You can probably tell by reading this that it is sort of messy, and it is, so don't worry about it too much. Ladle additional sauce onto the plates as necessary. You don't want to soak the tortillas so much as you want to moisten them a bit and introduce some of the spices of the sauce inside the enchilada.

When you have done all 12, scrape the remaining sauce off of the plates and what remains in

the pan, and pour/spread over the tops of the enchiladas. Place in a 350-degree oven uncovered for 20 minutes. Sprinkle the remaining cup of Cheddar Cheese over the top, and cook for an additional 5 minutes.

Serve with sour cream and Salsa and enjoy!

For a very nice alternative filling, try using 1 pound of shredded chicken instead of beef, and use Monterey Jack Cheese instead of the Cheddar.

230 Calories each, not counting additional toppings.