

BEEF ENCHILADAS

INGREDIENTS:

15 mL	cooking oil
1/4	medium onion, diced
1/6	green pepper, diced
1/4	jalapeno pepper, minced
2	cloves garlic, minced
125 mL	lean ground beef
1 mL	salt
1 mL	pepper
100 mL	diced tomatoes
100 mL	tomato sauce
5 mL	sugar
10 mL	chili powder
Spices to taste:	personal choice (parsley, cumin, cajun, cayenne,)
125 mL	cheddar cheese, grated
125 mL	mozzarella cheese, grated
30 mL	salsa
1	green onion, chopped (or as garnish)
2	large tortillas (10")
75 mL	beef stock + 25 mL of milk (for the whole group)



METHOD:

1. Preheat oven to 400°F. Adjust the rack to the middle of the oven.
2. Grease the square cake pan with a tiny bit of Crisco or oil.
3. Grate both cheeses and blend them together. Dice the onion, jalapeno and green pepper and mince the garlic. Chop up the green onion for later as a garnish.
NOTE: Be very careful when preparing fresh chilies...don't touch your eyes or lips before washing your hands...it will **BURN!!!**
4. Fry the onions, green pepper, jalapeno and garlic in 15 mL oil until tender.
5. Add the ground beef in small pieces and cook until almost cooked through. Season with salt and pepper.
6. Stir in the diced tomatoes, tomato sauce, sugar and chili powder and any other of your personal spice choices. Cook for 5-7 mins on medium heat or until most of the liquid has evaporated..
7. Wet the tortilla on both sides with the beef stock/milk mixture. Place down onto the cutting board.
8. Place some of the mixed cheese in the front center half of the tortilla. Place half of the meat mixture on top of the cheese and wrap up the tortilla envelope-style and place it seam side down in the cake pan. Repeat with second tortilla.
9. Top with the salsa, sprinkle with the remaining cheeses and sprinkle the green onion on top.
10. Bake for about 15-20 minutes or until cheese on top is browned and bubbly.