



Beef Enchiladas

“I just LOVE Mexican food and can never get enough green chili. Here is my healthier version of classic beef enchiladas. This is a very tasty dish great to make for a group of people or prepare and eat the leftovers throughout the coming week.”- Kelly May

Prep Time: 15 min. Cook Time: 25 min. **Ready In: 40 min.**

Serving Size: 10 servings

Ingredients

- ✓ 1 lb of 80% lean ground beef
- ✓ 4 oz can diced green chili
- ✓ ½ cup of chopped onions
- ✓ 1 clove of garlic minced
- ✓ 16 oz can of Red Enchilada Sauce
- ✓ 1 tbsp of butter
- ✓ 10 corn tortillas
- ✓ 1 cup of shredded cheddar cheese
- ✓ 1 cup of shredded mozzarella cheese

Directions

1. Directions In a large pan add ground beef, garlic, onions, and green chili. Cook meat until brown, then drain off excess grease and juices. Add 1 cup of red enchilada sauce to pan and mix in.
2. In small pan cook 10 tortillas in butter until softened.
3. Pour ½ of remaining enchilada sauce into bottom of large baking pan. Place corn tortillas into the baking pan individually adding meat and both cheeses, then rolling into an enchilada in the baking pan.
4. Sprinkle remainder of cheeses to the top covering the 10 enchiladas. Pour the remainder of the red enchilada sauce over the enchiladas as well.
5. Pre Heat oven to 350 degree and cook for 15 minutes or until the cheese is melted.

Nutrition

Amount per serving

- ❖ Calories: 289
- ❖ Total Fat: 16 g
- ❖ Total Carbs: 16 g
- ❖ Protein: 17 g
- ❖ Cholesterol: 64 mg
- ❖ Sodium: 325 mg
- ❖ Potassium: 25 mg