



JERNEJ KITCHEN

GROUND BEEF ENCHILADAS

Ground Beef Enchiladas recipe is simple and delicious. Juicy ground beef sauce with homemade enchiladas sauce and melted cheese on top, yum!

MAKES	5	ENCHILADAS
PREPARATION:	15	MINUTES
COOK:	25	MINUTES
BAKE:	30	MINUTES
TOTAL TIME:	70	MINUTES

GROUND BEEF FILLING

- 1/2 onion
- 2 cloves of garlic
- 1/4 chili
- 2 tbsp olive oil
- spices: 1/2 tsp ground cumin, 1 tsp paprika powder, 1/2 tsp oregano, 1/2 tsp dried coriander, 1/2 tsp garlic powder
- 300 g (10.5 ounces) ground beef
- 1 tsp tomato paste
- 1 tbsp all-purpose flour
- 240 ml (1 cup) beef stock or water
- 100 g (1/3 cup) tomato purée
- 1 jarred jalapeño
- 1 bay leaf
- 4 sprigs of coriander
- 50 g (3 tbsp) sweet corn, canned and drained
- 140 g (5 ounces) red beans, canned and drained

GROUND BEEF FILLING

First, make the ground beef filling. Peel and dice the onion and garlic. Dice the chili too. Place a skillet with olive oil over medium heat. Add the vegetables and cook for about 2 minutes, while stirring occasionally. Add the spices and continue to cook for 3 minutes, stirring occasionally. Increase the heat, add the ground meat, and cook for 5 minutes, then add the tomato paste and stir to combine. Reduce the heat, add the all-purpose flour and cook for 2 - 3 minutes on medium heat, stirring from time to time. Pour in the beef stock or water and tomato puree. Stir, add the jalapeño and bay leaf and cook for 10 minutes. Add the diced coriander, drained sweet corn, drained red beans, and remove from the heat. Discard the bay leaf.

TIP

[Optionally substitute the coriander with parsley.](#)

ENCHILADAS SAUCE

Make the enchiladas sauce. In a bowl, stir to combine tomato puree, cumin, coriander, oregano, and olive oil. Season to taste with salt and pepper and set aside until needed.

FILL THE TORTILLAS

Spread half of the prepared enchilada sauce over the deep baking dish (approx. 20 cm x 25 cm or 8-inch x 10-inch). Divide the meat sauce between five tortillas. Place the meat sauce in the center of each tortilla. Spread half of the shredded cheese over the meat sauce (save the rest of the cheese for later). Roll up the tortillas and place them in the prepared baking dish with the closed side down. Spread the rest of the enchilada

ENCHILADA SAUCE

140 g (1/2 cup) tomato purée

spices: 1/4 tsp cumin, 1/4 tsp ground coriander, 1/4 tsp oregano

2 tbsp olive oil

TORTILLAS

5 large flour tortillas

200 g (7 ounces) shredded cheese (like Cheddar)

TOOLS AND EQUIPEMENT

kitchen knife

cutting board

skillet

bowl

deep baking dish (approx. 20 cm x 25 cm or 8-inch x 10-inch)

aluminum foil

baking sheet

sauce over the tortillas and arrange the rest of the shredded cheese on top.

BAKE

Place the baking dish with the enchiladas over a large baking sheet to prevent any sauce from leaking while baking. Cover the baking dish with aluminum foil and place in the preheated oven on the middle rack. Bake for 20 minutes at 180 °C / 355 °F. Then remove the aluminum foil and place the baking dish on the top rack. Change the settings to low broil and increase the temperature to 200 °C / 390 °F. Continue to bake for 10 minutes or until the cheese is nicely melted. Keep an eye on it.

SERVE

Remove the baked Ground Beef Enchiladas from the oven and set aside for 5 minutes, then optionally serve with fresh salsa, seasonal salad, and a dollop of sour cream.