

BEEF ENCHILADAS

(serves 4)

INGREDIENTS AND QUANTITIES:

1 tbsp oil
1/2 lb. extra lean ground beef
1/2 cup chopped green peppers
1/2 cup chopped red peppers
2 cups salsa, divided
1 can Black beans, drained, rinsed
1/2 cup shredded cheese
8 flour tortillas (6 inch)
2 Tbsp. Italian Dressing
2 Tbsp. 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 broil high.
2. Cook oil, meat and peppers in frying pan on high heat until meat is no longer pink.
3. Add 1 cup of salsa and all the beans; simmer for 3–4 minutes.
4. Remove from heat and stir in 1/4 cup of cheese.
5. Spread 1/4 cup salsa on bottom of dish.
6. Brush tortilla shells with dressing. Cover with wax paper and microwave on HIGH for 30 seconds.
7. Place shells in baking dish. Spoon 1/3 cup meat mixture down centre of each tortilla and roll into a roll. Spoon remaining 3/4 cup salsa evenly over filled tortillas and cover with cheese.
8. Broil 5 minutes. Top with cilantro and serve.