

Enchiladas



Ingredients:

Sauce:

- 3 Tablespoons canola oil
- 3 Tablespoons flour
- 1 Tablespoon chili powder
- 1 teaspoon comino (cumin)
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- Pinch of cinnamon (optional)
- 2 Tablespoons tomato paste
- 2 cups vegetable broth
- 1 teaspoon vinegar
- Black pepper, to taste

Meat:

- 1 pound ground beef or 1 pound boneless chicken breasts or thighs
- 1 medium onion, chopped
- ½ teaspoon salt

The Rest:

- Canola oil, for frying
- 12 corn tortillas
- Two 4-ounce cans diced green chiles
- 1 cup chopped green onions
- ½ cup chopped black olives
- 3 cups grated sharp Cheddar cheese

Directions:

For the sauce:

1. In a saucepan over medium heat, heat the canola oil. Add the flour and spices; cook for about 1 minute, until fragrant and slightly darker in color.
2. Add the tomato paste and broth. Stir to remove lumps.
3. Simmer the mixture for 5 to 7 minutes, until the sauce has thickened

For the meat:

4. While the sauce is simmering, brown the meat with the onions and salt in a large skillet over medium-high heat. Drain the fat. Turn off the heat and set aside.

Soften the tortillas:

5. To soften the tortillas, you can heat them in the microwave, or you can heat some canola oil in a small skillet over medium heat. Using a pair of tongs, dip each tortilla (front and back sides) into the hot oil, then place them on a paper towel to drain.

Assembling the enchiladas:

6. Preheat the oven to 350 degrees F.
7. Spread ½ cup of sauce in the bottom of a 9" x 13" baking dish.
8. Place a small scoop of the meat mixture in the center of a tortilla. If you want, add the green chiles, green onions, black olives, and some shredded cheese. Roll it up and place it seam-side down in the baking dish that contains the sauce. Repeat with the remaining tortillas.
9. Pour the reserved ½ cup enchilada sauce on top and top with the remaining cheese. You can add more chiles, green onion, and black olive on top if you want to.
10. Bake the enchiladas for 20 minutes, or until bubbly. Serve.1