

Helergon Kitchen

5-Ingredient Beef Enchiladas

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 1 cup shredded cheddar-Monterey Jack blend
- [ ] 8 corn tortillas
- [ ] 2 cups red enchilada sauce
- [ ] 1/2 cup finely diced onion
- [ ] 1 tsp cumin
- [ ] 1 tsp chili powder
- [ ] Salt and pepper to taste

Instructions

1. Heat a skillet over medium, add the beef, break it up, and cook until browned; stir in onion, cumin, chili powder, salt, and pepper.
2. Warm each tortilla for 5-10 seconds on both sides, then spoon a tablespoon of sauce inside, add a portion of beef mixture, and roll tightly.
3. Place the rolled tortillas seam-side down in a baking dish, pour the remaining sauce over them, and sprinkle cheese evenly.
4. Cover with foil and bake at 375°F for 15 minutes, then remove foil and bake another 5 minutes until cheese bubbles.
5. Let rest for 5 minutes, garnish with cilantro if desired, and serve.

Nutrition per serving

420 kcal	28 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use a non-stick baking dish to prevent sticking.
- If the sauce is too thick, thin it with a splash of water.
- Feel free to add a handful of black olives for extra brine.