

# Easy Beef Enchiladas

**Prep Time: 20 minutes | Total Time: 50 minutes | Servings: 5**

Serving Size: 2 Enchiladas; Serving; Calories 470; Total Fat 25g; Saturated Fat 12g; Cholesterol 90mg; Sodium 1410mg; Total Carbohydrate 33g; Dietary Fiber 0g; Protein 27g

## Equipment Needed:

- 9x13-inch baking dish
- 10-inch nonstick skillet

## Ingredients:

- 1 lb lean (at least 80%) ground beef
- 2 cans (10 oz each) mild red enchilada sauce
- 1 can (4.5 oz) chopped green chiles
- 1 package (8.2 oz) flour tortillas for soft tacos and fajitas (6-in) or make your own
- 1 1/2 cups (6 oz) shredded Cheddar cheese
- \*Optional\* 1 can (4.5 oz) sliced black olives



## Instructions:



1. Heat oven to 375°F. Spray a 9x13-inch baking dish with cooking spray.



2. In a nonstick skillet, cook beef over medium-high heat until thoroughly cooked. Drain excess liquid.



3. Stir in 1/2 cup of enchilada sauce, green chiles and optional olives.

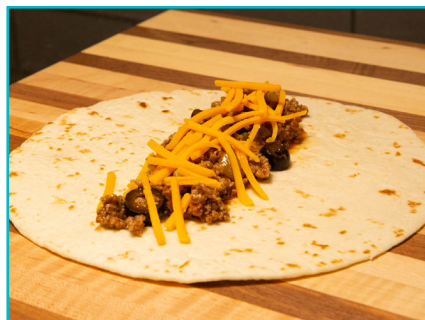


# Easy Beef Enchiladas

## Instructions Continued:



4. Spread 1/2 cup of enchilada sauce evenly in the baking dish.



5. Spread 1/4 cup of beef mixture down the center of each tortilla. Top with one tablespoon cheese.



6. Wrap tortillas tightly around filling, and place them seam side down in baking dish.



7. Top enchiladas with remaining enchilada sauce. Finish by sprinkling with remaining cheese.



8. Bake 20 to 25 minutes, or until hot and bubbly. Let stand five minutes before serving.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](#) [#Indiana4H](#)

The contents of this document are those of the author and do not necessarily represent the official position of or endorsement by the Centers for Disease Control and Prevention.

