



# Beef and Pepper Enchiladas with Sour Cream

Family Friendly

30 Minutes



Ground Beef



Sweet Bell Pepper



Monterey Jack  
Cheese, shredded



Flour Tortillas, 6-inch



Enchilada Spice  
Blend



Crushed Tomatoes



Green Onion



Sour Cream



Garlic, cloves

## HELLO ENCHILADA SPICE BLEND

*This savoury blend combines warming spices with aromatic onion and garlic!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Measuring spoons, medium pot, large non-stick pan, 8x8-inch baking dish

## Ingredients

|                                | 2 Person | 4 Person |
|--------------------------------|----------|----------|
| Ground Beef                    | 250 g    | 500 g    |
| Sweet Bell Pepper              | 160 g    | 320 g    |
| Monterey Jack Cheese, shredded | ½ cup    | 1 cup    |
| Flour Tortillas, 6-inch        | 6        | 12       |
| Enchilada Spice Blend          | 2 tbsp   | 4 tbsp   |
| Crushed Tomatoes               | 370 ml   | 796 ml   |
| Sour Cream                     | 6 tbsp   | 12 tbsp  |
| Green Onion                    | 1        | 2        |
| Garlic, cloves                 | 1        | 2        |
| Sugar*                         | ¼ tsp    | ½ tsp    |
| Oil*                           |          |          |
| Salt and Pepper*               |          |          |

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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### Cook enchilada sauce

Add **crushed tomatoes**, **half the Enchilada Spice Blend** and **¼ tsp sugar** (dbl for 4 ppl) to a medium pot. Heat pot over medium-high heat. Bring to a simmer. Once simmering, reduce to heat to low. Cook, stirring occasionally, until **sauce** thickens slightly, 5-7 min. Season with **salt** and **pepper**, to taste. Remove the pot from heat.

2



### Prep

While **enchilada sauce** comes to a simmer, core, then cut **pepper** into ¼-inch pieces. Thinly slice **green onion**. Peel, then mince or grate **garlic**. Grease an 8x8-inch baking dish with **1 tbsp oil**. (**NOTE:** For 4 ppl, use a 9x13-inch baking dish greased with 2 tbsp oil.)

3



### Start filling

Heat a large non-stick pan over medium-high heat. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef** and **peppers**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **\*\*** Carefully drain and discard excess fat. Season with **salt** and **pepper**.

4



### Finish filling

Add **garlic** and **remaining Enchilada Spice Blend** to the pan with **beef and peppers**. Cook, stirring often, until fragrant, 1 min. Add **half the enchilada sauce**. Cook, stirring occasionally, until **peppers** are tender, 2-3 min. Season with **salt** and **pepper**, to taste.

5



### Assemble and bake enchiladas

Spread **half the remaining enchilada sauce** across the bottom of the prepared baking dish. Place **tortillas** on a clean work surface. Divide **filling** between **tortillas**. Roll up to close and place, seam-side down, in the baking dish. Spoon **remaining enchilada sauce** over **enchiladas**, then sprinkle **cheese** over top. Bake in the **middle** of the oven until **cheese** melts, 5-6 min.

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### Finish and serve

Divide **enchiladas** between plates. Dollop **sour cream** over top. Sprinkle with **green onions**.

## Dinner Solved!