



NOV
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Quickfire Beef Enchiladas

with Homemade Ranchero Beans

We've been trying out a few new techniques in the test kitchen and this one has become a favourite - by mashing up most of the kidney beans instead of adding them whole, you suddenly add a rich, creamy texture to sauces. Keep a few whole ones back for texture too... arriba!

 **Prep**
30 min

 **level 1**



Ground Beef



Tortillas



Kidney Beans



Romaine Lettuce



Onion



Sour Cream



Tomato Paste



Lime



Enchilada Seasoning



Cheddar Cheese



Plum Tomatoes



Honey

Ingredients

	2 People	4 People
Ground Beef	1 pkg (250 g)	2 pkg (500 g)
Tortillas, 6"	1 pkg (4)	2 pkg (8)
Kidney Beans	1 pkg	2 pkg
Romaine Lettuce, chopped	1 pkg (100 g)	2 pkg (200 g)
Yellow Onion, sliced	1 pkg (56 g)	2 pkg (113 g)
Sour Cream	1 pkg	2 pkg
Tomato Paste	1 can	2 cans
Lime	1	2
Enchilada Seasoning	1 pkg (2 tbsp)	2 pkg (4 tbsp)
Cheddar Cheese, grated	1 pkg (56 g)	2 pkg (113 g)
Plum Tomato	3	6
Honey	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Wheat/Blé
- 2) Sulphites/Sulfites

Tools

Large Non-Stick Pan, Measuring Cup, Medium Bowl, Small Baking Dish, Whisk, Strainer, Zester

Nutrition per person Calories: 898 cal | Fat: 37 g | Protein: 50 g | Carbs: 95 g | Fiber: 18 g | Sodium: 1174 mg
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat your broiler to high. (To broil the enchiladas.)



2 Prep: Wash and dry all produce. Drain and rinse the **beans**, then lightly mash them in a medium bowl using a fork or potato masher. Zest, then juice the **lime(s)**. Dice the **tomato(es)** into 1/2-inch cubes.



3 Heat and large non-stick frying pan on medium heat. Add a drizzle of **oil**, then the **onion**. Cook until softened, 3-4 min. Add the **ground beef** and **enchilada seasoning**. Cook, stirring often, until no pink remains, 4-5 min. Stir in the **mashed beans**, then the **tomato paste**, **half the tomatoes** and **1/4 cup water** (double for 4 people). Gently boil until mixture is slightly thickened, 4-5 min. Season with **salt** and **pepper**.

4 Make the enchiladas: Divide the **beef mixture** into four equal portions (double for 4 people.) Spray a small baking dish with some **oil** (or dip a piece of paper towel in some oil and wipe the inside of the dish!) Place one **tortilla** on your cutting board. Top with a portion of the beef mixture. Roll up to close and place, seam side down, in the prepared baking dish. Repeat with the remaining tortillas and beef mixture. Sprinkle the tops with the **cheese**. Broil in the centre of the oven until the cheese has melted and crisped up, 3-4 min (**TIP:** Keep your eye on it so it doesn't burn!)

5 Meanwhile, in another bowl, whisk the **honey**, **lime zest** and **juice** and a drizzle of **oil**. Add the **remaining tomatoes** and **lettuce**.

6 Finish and serve: Serve your **enchiladas** with a dollop of the **sour cream** and the **salad** on the side. Enjoy!

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Ruler

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