

Zucchini Bread Recipes

5-Ingredient Beef Enchiladas

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (80/20)
- [ ] 2 cups red enchilada sauce
- [ ] 1 cup shredded cheddar-Monterey Jack blend
- [ ] 8 corn tortillas
- [ ] 1 small yellow onion, diced

Optional Garnish

- [ ] ¼ cup fresh cilantro, chopped
- [ ] ¼ cup sliced black olives

Instructions

1. Heat a skillet over medium-high heat, add the ground beef and cook until browned, breaking it up with a spoon; stir in the diced onion and sauté until soft.



2. Pour in the enchilada sauce, reduce heat to low, and let it simmer for 5 minutes so the flavors meld.



3. While the sauce simmers, quickly warm each corn tortilla in a dry pan for 10-15 seconds per side; this prevents tearing when rolling.



4. Spoon a generous amount of the beef mixture onto each tortilla, roll tightly, and place seam-side down in a greased 9×13-inch baking dish.



5 Pour any remaining sauce over the rolled enchiladas, sprinkle the shredded cheese evenly, and bake at 375°F for 15-20 minutes, until cheese is bubbling and lightly browned.



6 Garnish with chopped cilantro and black olives, let rest for 5 minutes, then serve hot.



Nutrition per serving

420 kcal	25 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker sauce, let it reduce a bit longer before pouring over the rolls.
- For a lower-fat version, drain the cooked beef thoroughly before adding sauce.
- A splash of lime juice over the finished dish brightens the flavors.