**Beef Enchiladas**

**FILLING:**

150 g Lean ground beef

75 mL Monterey Jack Cheese, grated

1 Green onion, chopped

50 mL Sour cream

10 mL Parsley, minced

1 mL Salt

pinch Pepper

**SAUCE:**

200 mL Tomato sauce

1/4 Green pepper, diced

1/2 Green Chili, seeded and finely diced

2.5 mL Chili powder

1 mL Cumin

**TOPPING:**

60mL Grated cheddar Cheese

**DAY ONE**:

1) Brown ground beef in fry pan. Drain any excess fat. Remove from heat.

2) Stir in cheese, green onion, sour cream, parsley, salt and pepper. Set aside.

3) In a small saucepan, heat tomato sauce, green pepper, chilies, chili powder and cumin to boil. Simmer, covered for 5-10 mins.

4) Divide filling mixture between four tortillas. Roll up tightly.

5) Place open side down in a greased pan. Pour sauce over enchiladas. Sprinkle with cheese.

6) Cover with wrap, label with names and block and put in fridge overnight.

**DAY TWO**:

1) Preheat oven to 350˚F. Uncover enchiladas and bake for 20 minutes or until hot. Serve with sour cream.

**Tortillas**

125 mL Flour

1 ml Salt

15 mL Shortening

50 mL Water

1) In a medium bowl, sift together flour and salt. Cut in shortening.

2) Stir in water gradually with a fork. Stir to allow dough to clean sides of bowl.

3) Turn dough out on lightly floured counter.

4) Knead about 20 times.

5) Divide into 4 balls.

6) Roll between 2 pieces of wax paper (floured to prevent sticking) until about 15cm diameter.

7) Preheat frypan to 4. Cook until lightly browned on both sides.