

**GF Friendly**

## Enchiladas

like enchilada pie, but made the traditional way

I had a couple of tortillas left after making another dish, but as they were out of the freezer (see Tip below) I needed to use them pretty quickly. So I defrosted the portion of chilli con carne saved from our Recipe 119 which was just enough for two enchiladas.

- 2 cups pre-cooked chilli con carne
- 2 tortillas
- ½ small onion, thinly sliced
- 1 cup grated cheese
- ¼ cup water
- 1 Tbsp olive oil



In a suitable pan, warm the oil and fry the onion slices until soft. Put in the chilli con carne and the water, then bring to the boil while stirring. Turn down the heat and simmer uncovered for 10 minutes to reduce some of the liquid. Allow to cool slightly, then strain off the juice into a bowl. With the tortillas opened flat on a cutting sheet, use a straining spoon to place a line of the chilli mixture across the middle of each, but leave about 5cm (2 inches) at the ends. There will probably be some sauce remaining in the pan, and this can be mixed with the strained juice. Divide ½ cup of grated cheese between the two and spread alongside the chilli. Now, fold over the ends, carefully roll the tortillas into wraps and place in a greased baking dish, folded sides down. Pour the strained sauce over the enchiladas and top each with the remaining cheese.

Bake on 160°C fan-forced (175°C conventional) for 20 minutes, or until the cheese has melted and **begins** to brown.

Serves 2 with Frijoles and a dob of light sour cream, if you wish.

**Not recommended for freezing** unless the chilli con carne was freshly made.

**Tip:** while still fresh, unused tortillas can be returned to the packet, sealed and frozen

A Season of Happiness - helping you towards a better lifestyle



For a look at some informative articles on a variety of subjects just return to the web page