



GF Friendly

Enchilada Pie

a chilli, beef & cheese dish for the whole family

Traditionally, enchiladas are made by wrapping tortillas around a filling, placing in a dish, topping with sauce, then baking in the oven. All the ingredients are here if you want to do it this way. Or you can try my method which tastes just as good, but is a lot easier. If you can't have beef, substitute any cooked meat such as chicken, lamb or pork. Also, this recipe is for a hot chilli, so use less spice if you prefer a milder version.

- 500g beef mince
- 1 large chopped onion
- 1 tsp minced garlic (or garlic powder)
- 1 can tomatoes (diced or crushed)
- 1 tbsp tomato paste
- 1 level dsstsp chilli powder (less for mild)
- 1 small can red kidney beans
- salt and pepper to taste
- water
- 10 tortillas
- 400g grated cheddar cheese



Fry mince until browned, then drain any fat. Add garlic and onions and continue cooking a further five minutes. Add rest of ingredients, except for tortillas and cheese, plus enough water to make a thick soup. Cover and simmer for 20 minutes, stirring occasionally. Make sure liquid doesn't reduce too much.

Grease a roasting pan or a large oven-proof dish. Line the base of the pan with tortilla quarters, spread on one third of the meat mixture and top with one third of the cheese. Repeat this process – tortillas, meat mix, then cheese – twice more.

Bake on 170°C (155°C fan-forced) for 30-40 minutes, or until golden. Unlike Chicken Monte (recipe R01), enchilada pie can dry out if over-cooked, so keep an eye on the cheese topping and don't allow it to burn.

Serves up to 8 with salad, vegetables, or frijoles (see recipe R01)

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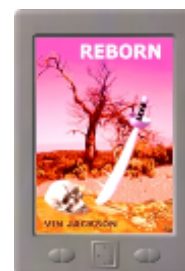
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