

## Beef Enchilada Hot Dish

I cut the tortillas into noodles to make this casserole a cinch to make. I kept all the flavors of homemade beef enchiladas but left out the hassle of saucing, filling and rolling.

1 lb. ground beef  
1 medium onion, chopped  
1 garlic clove, chopped  
1 jalapeño, chopped (seeds removed if desired)  
2 Tbsp. chile powder  
1 tsp. ground cumin  
1 tsp. salt  
1/2 tsp. pepper  
1 tsp. dry oregano  
2 Tbsp. flour  
1 (15 oz.) can tomato sauce  
2 cups chicken broth  
1 (15 oz.) can black beans, drained and rinsed  
12 corn tortillas, cut into 1/2 inch strips  
2 cups shredded Mexican blend cheese  
sour cream, chopped green onions and cilantro for garnish

1. Heat oven to 350 degrees F. In a large deep skillet, cook crumbled ground beef over medium high heat for a couple of minutes or until it releases some fat and juices. Add onion, chile powder, cumin, salt and pepper and cook until beef is no longer pink, about 7 minutes longer.
2. Sprinkle oregano and flour over beef and stir until no dry flour remains. Add tomato sauce and chicken broth to skillet and cook over high heat, stirring, until it comes to a boil. Reduce heat and simmer 3 minutes or until slightly thickened.
3. Remove from heat, stir in beans and tortilla strips to coat with sauce. Pour into 13 x9-inch baking dish. Bake 20 minutes or until bubbly.
4. Top with cheese, return to oven and bake 5 minutes longer to melt the cheese. Let stand 10 minutes. Serve topped with chopped green onions and cilantro and sour cream, if desired.

Makes 10 servings

### Tips:

- You can make two 8 or 9-inch casseroles. Line one casserole with foil, fill and freeze. Bake the unlined pan for dinner tonight. When the lined casserole is frozen solid, pop it out from the pan and wrap in foil to keep on hand. When ready to bake just peel off the foil, pop back into the casserole. Cover and bake from frozen about an hour or until hot and bubbly. Continue as written.
- This is also nice to make ahead. Up to 6 hours before baking, prepare the recipe right up to baking it. Cover and chill until ready to bake. Continue as written. You may need to add a few more minutes to the bake time to get it hot and bubbly.

### Avocado Salad

Serve this spooned over shredded romaine lettuce. It's perfect with enchiladas.

1 avocado, diced  
2 tomatoes, diced  
1/4 cup finely chopped red onion  
2 tsp. finely chopped jalapeño or more to taste  
2 tsp. fresh lime juice or more to taste  
1 Tbsp. chopped fresh cilantro  
salt to taste

Lightly toss everything together. Taste and correct seasoning with additional lime and salt if needed.