

Betty's "The Whole Enchilada" Beef and Cheese Enchiladas Recipe



Uploaded on 1 Jun 2009

In this video, Betty demonstrates how to make "The Whole Enchilada"--Beef and Cheese Enchiladas. These are corn tortillas, stuffed with ground beef, peppers, and onions, topped with enchilada sauce mixed with sour cream and a sprinkling of sharp Cheddar cheese! Easy and scrumptious!

Ingredients:

- 1 pound lean ground beef
- 1 teaspoon salt
- 2 large onions, chopped
- 2 large green bell peppers, chopped
- 2 10 oz. cans enchilada sauce (You may use hot or mild or one of each.)
- 1 cup sour cream
- 10 to 12 corn tortillas
- 8 oz. (2 cups) shredded Monterey Jack cheese
- 2 cups shredded Cheddar cheese

Place the ground beef in a deep skillet over low heat. Sprinkle with 1 teaspoon salt. Add 2 large chopped onions and 2 large chopped green peppers. Cook, stirring constantly, until beef is browned and vegetables are soft, about 10 minutes. Now, pour the 2 cans of enchilada sauce into a separate skillet and add 1 cup sour cream. Stir and place over low heat. Bring it just to a simmer and remove from heat. Get ready to prepare your enchiladas by setting up an "assembly line," as follows. Take a corn tortilla, dip it into the very warm enchilada sauce mix to soften it, then place a generous amount of the meat and vegetable mixture on about 2/3 of the soaked tortilla. Have 8 oz. (2 cups) Monterey Jack cheese in a dish closeby, and get enough cheese to generously top the meat mixture on your tortilla. Now roll the tortilla to form your enchilada. Just begin rolling from the end near you until you have all of the filling encased in the tortilla. Place the rolled tortilla, seam side down, in a 13-inch by 9-inch by 2-inch Pyrex dish, or other appropriate baking pan. Continue to roll tortillas, until your pan is full. Now, pour the remaining enchilada sauce mix over the top of the rolled tortillas. Top with 2 cups shredded Cheddar cheese. Bake at 375 for 20 to 25 minutes, or until hot and bubbly, and the Cheddar cheese on top is beginning to brown. Remove from the oven, and serve while hot. Note: These enchiladas will be soft, so you will serve it more like a casserole than in individual pieces. Hot refried beans and lots of fresh sliced lettuce and tomato make great accompaniments for this dish. It is quite festive--I think your family (or your guests) will love it!!!