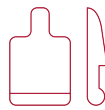




# Beef and Bean Enchiladas



DIFFICULTY: MEDIUM



PREPARATION TIME: 30  
MINUTES



COOKING TIME: 40 MINUTES



SERVES: 4

## Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 1 jalapeno chilli, seeded & sliced
- 500g beef mince
- 2 tsps ground cumin
- 2 tsps ground coriander
- 2 tsps paprika
- ½ tspn cinnamon
- 2 tsps oregano leaves
- 1 x 435g can refried beans
- ¾ cup frozen corn kernels
- 8 corn tortillas 18 – 20cm in diameter
- 2 cups grated tasty cheese

Sauce

## Method

Heat a large frying pan over a high heat, Induction level 8. Add the oil, then the onion, garlic, chilli and fry for 2 to 3 minutes.

Add the beef mince & fry until well browned & cooked. Stir in the spices and oregano and continue cooking for a further 2 minutes. Remove from the heat, stir in the refried beans and the corn and mix well.

Preheat oven on CircoTherm to 180°C and place the wire rack on shelf two.

To make the sauce, heat a small saucepan over a low to medium heat, Induction level 5. Add the oil and the flour and blend well. Cook for 2 to 3 minutes, stirring constantly.

Carefully add the stock and the passata and mix well. Increase the heat to high, Induction level 8 and cook, stirring continuously until the sauce boils and thickens. Spoon half the sauce into a greased 28cm x 20cm ovenproof dish.

Spoon the beef mixture evenly onto the centre of each tortilla. Roll to enclose the filling.

Place the enchiladas into the dish then spoon over the remaining sauce and top with the cheese.

Cook for 30 to 35 minutes or until the cheese is golden.

2 tbsp olive oil

2 tbsp flour

1 cup beef stock

1 x 400g jar tomato passata

## Notes

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