

Treasure Barrel

5-Ingredient Beef Enchiladas

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 8 small corn or flour tortillas
- [ ] 2 cups red enchilada sauce
- [ ] 1 cup shredded cheddar-Monterey Jack blend
- [ ] 1 medium onion, finely diced

Seasoning

- [ ] 1 tsp ground cumin
- [ ] 1 tsp chili powder
- [ ] Salt and pepper to taste

Instructions

1. In a large skillet over medium heat, add the ground beef and diced onion; cook, stirring occasionally, until the meat is browned and the onion is translucent, about 5-7 minutes.
2. Stir in cumin, chili powder, salt, and pepper; let the spices toast for a minute, then pour in the enchilada sauce, reducing the heat to low and simmering for 5 minutes so the flavors combine.
3. Preheat the oven to 375°F (190°C). Lightly grease a 9-x-13-inch baking dish; spoon a thin layer of sauce onto the bottom.
4. Warm tortillas briefly in the microwave (15 seconds) to make them pliable. Fill each with about 2 tablespoons of the beef mixture, roll tightly, and place seam-side down in the dish.
5. Cover the rolled enchiladas with the remaining sauce, sprinkle the shredded cheese evenly, and bake, uncovered, for 15-20 minutes until bubbly and the cheese is golden. Let rest a couple of minutes before serving.

Nutrition per serving

420 kcal	28 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of cayenne to the sauce.
- For a creamier texture, stir a splash of sour cream into the sauce before baking.
- You can substitute ground pork with lamb if you’re avoiding beef.