

Beef Enchiladas

1/2 - 1 lb ground round hamburger
1 medium onion, chopped
1 clove garlic
salt
pepper
1 small can chopped green chilies (if you like it hot, i prefer jalapenos as an alternative)
8-10 large tortilla shells (i use whole wheat)
2 bags of Mexican cheese, shredded
1 large can enchilada sauce
2 large tomatoes, chopped & divided
1 cup cooked rice, cold (i use one bag of brown rice)
1/2 - 1 can of black beans
1 jar of salsa
1 cup of frozen corn (i use one small frozen bag)
olive oil

1. Add 1-2 tbs olive oil to medium-large saucepan preheated to medium. Add chopped onion to pan, season w/salt & pepper & cook for 3 minutes. Add garlic & cook for 30 sec.
2. Increase heat to medium high & add hamburger & red pepper. Season w/salt & pepper when hamburger is 1/2 done.
3. When hamburger is done, add salsa, rice, chilies, 1 chopped tomato, refried beans, & corn to mixture & heat thoroughly.
4. Add mixture into shells (about 1/2 - 3/4 cup of mixture into each shell) & sprinkle w/ 1 bag of cheese before rolling. Place into well oiled baking pan.
5. Cover w/enchilada sauce & other bag of cheese. Cover w/ aluminum foil.
6. Bake at 425 for 35 - 40 minutes w/ aluminum foil on. Remove, uncover, & let stand for 5 minutes. (Bake for 45 minutes if dish in advance & refrigerated).