

# Enchiladas

- 2 ounces [enchilada sauce](#) [1] per serving
- canola oil
- 1-2 flour tortillas per serving or 3 [corn tortillas](#) [2] per serving
- 1/4 cup prepared filling: chicken (boiled in [chicken broth](#) [3]), ground beef (browned in advance), and/or veggies (bell peppers, carrots, onions, squash marinated in advance)
- 1/3 ounce chopped green chile peppers per serving
- 2 ounces shredded melty cheese per serving

Preheat oven to 350 degrees Fahrenheit.

Heat enchilada sauce over low heat.

Place canola oil into a frying pan and heat; fry each tortilla on both sides.

Coat one side of each tortilla with enchilada sauce.

Near one side of each enchilada, add filling and some cheese.

Roll enchiladas, place one-layer deep in pan, cover with enchilada sauce.

Sprinkle chopped green chiles over the top, followed by remaining cheese.

Bake for 35-40 minutes.

Preparation time: 60 minutes

– [Subscriptions \(1\)](#)

---

©1992-2014 by Scott David Gray

**Source URL:** <http://kitchen.unseelie.org/node/8>

## Links:

[1] <http://kitchen.unseelie.org/.15>

[2] <http://kitchen.unseelie.org/.1257>

[3] <http://kitchen.unseelie.org/.1283>