

Plate Dream

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
- [ ] 2 cups red enchilada sauce
- [ ] 1 ½ cups shredded cheese (cheddar & Monterey Jack)
- [ ] 8-10 corn tortillas
- [ ] ½ cup finely diced onion

For Garnish (optional)

- [ ] ¼ cup chopped fresh cilantro
- [ ] Sour cream or lime wedges

Instructions

1. Heat a large skillet over medium heat, add the ground beef and onion, and cook until the meat is browned and the onion is soft, about 6-8 minutes.
2. Stir in half of the enchilada sauce, coating the beef evenly; let it simmer for 2 minutes, then remove from heat.
3. Warm each tortilla in a dry pan for about 10 seconds per side, just enough to make them pliable.
4. Place a spoonful of the beef mixture onto a tortilla, roll tightly, and arrange seam-side down in a baking dish.
5. Pour the remaining sauce over the rolled enchiladas, sprinkle the shredded cheese on top, and cover with foil.
6. Bake in a preheated oven at 375°F (190°C) for 15 minutes, then remove foil and bake another 5-7 minutes until the cheese is golden and bubbling.
7. Garnish with cilantro, sour cream, or lime if desired, and let rest for 5 minutes before serving.

Nutrition per serving

420 kcal	28 g	35 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce is too thick, thin it with a splash of water before baking.
- For extra flavor, add a pinch of cumin or smoked paprika to the beef.
- You can double the recipe for a larger gathering; just keep the baking time consistent.