

Red Beef Enchiladas

Unit: 4 Qt, Steamer Insert, Large Skillet

- 1 - 10 oz. Can Old El Paso Medium Enchilada Sauce**
- 1 - 10 oz. Can Old El Paso Mild Enchilada Sauce**
- 4 oz. Pepper Jack Cheese (Grated on #2 Blade)**
- 1 - Lb. 90-10 Ground Beef**
- 12 - Small Corn Tortillas**

First steam the hamburger in the steamer. Sprinkle a thin layer of the seasoning mix over the meat after the steamer has cooled and mix thoroughly. Next, put 1/2 of the meat in the bottom of the cold skillet and add 1/2 can of sauce. Then 1 tsp of mexican seasoning over the meat mixture.

Next place 6 tortillas over the meat and then add the remaining ground beef on top of the tortillas. Pour more sauce and seasoning and continue layering tortillas, seasoning and sauce leaving sauce on the top of the final layer.

Finally, shred the cheese on #2 blade and place on the top. Rotate the valve under the knob to open and place the lid on the unit. Turn to medium heat.(300 on electric skillet) When the valve whistles, or the lid is stinging hot to the touch,(10-15 minutes) rotate the valve closed and reduce to low heat (225 on the electric) for 20 minutes or until it is done to your liking.

Mexican Seasoning Recipe

*** Secret weapon*** Go to www.penderys.com and order the following spices:

Ancho chili powder chipotle chili powder coriander cumin

Mix the ingredients 1 part chipotle chili powder - 1 part ancho chili powder - 2 parts of cumin - a little bit of seasoning salt. Mix these together and put into a seasoning bottle and use approx. 3 Tbsp of this mixture with any Mexican dish!



HEALTH QUEST