

Easy Enchiladas



This is a recipe for Easy Enchiladas from a Community Interest Company called Turning Heads.



This recipe will make enchiladas for 4 people.

You will need:



- 1 teaspoon olive oil or sunflower oil
- 2 onions
- 4 carrots
- 2 teaspoons chilli powder
- 2 cloves garlic
- ½ teaspoon salt and pepper
- 2 cans chopped tomatoes
- 1 can mixed beans or kidney beans
- 6 tortilla wraps
- 1 bag mozzarella cheese

You will also need:



- a sharp knife
- a chopping board
- a garlic press
- a large frying pan
- a wooden spatula or something to stir everything in the frying pan
- a can opener
- a measuring jug
- an ovenproof dish
- a cheese grater
- a tablespoon

How to make your easy enchiladas:



1. Chop the onions and carrots. You need to cut the carrots into small pieces.



2. Crush or chop the garlic.



3. Add the oil to the frying pan and turn on the hob.



4. Add the onions and carrots to the frying pan and cook for 5 - 8 minutes until they are soft. Keep stirring the onions and carrots as you cook them.



5. If the onions and carrots start to stick to the frying pan, add a few drops of water.



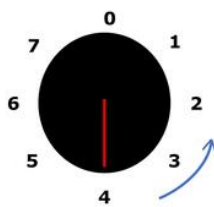
6. Add the chilli, garlic, salt and pepper to the frying pan. Stir and cook for 1 minute.



7. Add the tomatoes and beans to the frying pan. Stir them into the mixture in the frying pan.



8. Bring the mixture in the frying pan to the boil.



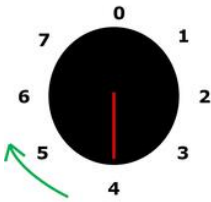
9. Turn the heat down and **simmer** the mixture for about 10 minutes until the mixture is thicker.



Simmer means the mixture bubbles very slowly.



10. While the mixture is simmering, stir it from time to time to stop it sticking to the frying pan.



11. While the mixture is simmering, turn on the grill to a high heat.



12. Spread some of the mixture into the bottom of your ovenproof dish. This will stop your enchiladas from sticking to the dish.



13. Put 1 of your tortilla wraps flat on the chopping board.



14. Put about 3 tablespoons of your mixture in a line down the middle of the wrap, but leave some room at the top and bottom.



15. Fold in the top and bottom of your wrap and hold it in the middle of the wrap above the mixture.



16. With your other hand, fold the wrap over from left to right about 3 times to make your enchilada.



17. Put your enchilada into the ovenproof dish.



18. Do steps 13 - 17 for each of your wraps. You should have some mixture left in your frying pan.



19. Spread the rest of the mixture over the top of the enchiladas.



20. Grate or slice the mozzarella cheese.



21. Sprinkle the cheese over the top of the mixture.



22. Put the dish under the grill for a few minutes until the cheese is bubbling.



23. You might want to eat your enchiladas on their own or with a green salad.



Turning Heads have made a video to go with this recipe. [Watch the Turning Heads easy enchiladas video on YouTube.](#)



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