



Recipes by Peter

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ENCHIRITO – MY FAVORITE TACO BELL DISH!



Ingredients:

- * 1.5 Pounds Ground Beef – 85/15
- * ½ Cup of Dried Onion or 1 Medium Onion – Finely Diced
- * Taco Seasoning – Read the Directions on the Package for Amount Needed
- * 1 Cup of Water

- * 1 Can Refried Beans (Warmed)
- * Black Olives, Sliced
- * Mexican Blend Cheese (Use the amount you like)
- * Flour Tortillas – Large Taco Size – Not The Mini Taco or Street Taco Size

Ground Beef (Taco Meat)

1. Place ground beef into skillet and using a spatula chop into smaller pieces.
2. Add spices and water now. Continue to chop the meat into small pieces – you want the ground beef to be pretty fine.

3. Continue to cook the ground beef at medium temperature and let water evaporate, for me this takes about 10-15 minutes. Set aside when finished.

Sauce

- 3 tablespoons vegetable oil
 - 3 tablespoons flour (all-purpose flour and gluten-free flour blends all work!)
 - 1 tablespoon ground chili powder
 - 1 teaspoon ground cumin
 - ½ teaspoon garlic powder
 - ¼ teaspoon dried oregano (Mexican oregano if you can find it)
 - ¼ teaspoon salt, to taste
 - 2 tablespoons tomato paste
 - 2 cups vegetable broth
 - 1 teaspoon apple cider vinegar or distilled white vinegar
 - Freshly ground black pepper, to taste
 - Pinch of cinnamon (optional, and in my opinion, I would leave it out)
1. This sauce comes together quickly once you get started, so measure the dry ingredients (the flour, chili powder, cumin, garlic powder, oregano, and salt) into a small bowl and place it near the stove. Place the tomato paste and broth near the stove as well.
 2. In a medium-sized pot over medium heat, warm the oil until it's hot enough that a light sprinkle of the flour/spice mixture sizzles on contact. This might take a couple of minutes, so be patient and don't step away from the stove!
 3. Once it's ready, pour in the flour and spice mixture. While whisking constantly, cook until fragrant and slightly deepened in color, about 1 minute. Whisk the tomato paste into the mixture, then slowly pour in the broth while whisking constantly to remove any lumps.
 4. Raise heat to medium-high and bring the mixture to a simmer, then reduce heat as necessary to maintain a gentle simmer. Cook, whisking often, for about 5 to 7 minutes, until the sauce has thickened a bit and a spoon encounters some resistance as you stir it. (The sauce will thicken some more as it cools.)
 5. Remove from heat, then whisk in the vinegar and season to taste with a generous amount of freshly ground black pepper. Add more salt, if necessary (I usually add another pinch or two). Go forth and make enchiladas!

Assemble:

I put some of the red enchilada sauce into the warmed canned refried beans.

Take a flour tortilla and place about 2-3 tablespoons of beans into the middle of the tortilla.

Place 2 heaping tablespoons of the meat on top of the beans.

Fold the tortilla up as you would a burrito, closing the ends.

Place the filled tortilla into a bowl, ladle on as much red enchilada sauce as you want, add cheese on top.

Place this in the microwave for about 30 seconds to melt the cheese. Remove from the microwave and add the black olive slices.

Enjoy.

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