



# Beef Enchiladas

## Variations

## Directions

## Ingredients

- 1 pound lean ground beef
- Avocado oil
- 1 package taco seasoning mix
- 2 tablespoons ketchup
- 1/2 cup water
- 1 package frozen southwest vegetables
- 8 ounces cheddar cheese, shredded
- 2 cans green chili enchilada sauce
- 2 packages tortillas (we prefer the low carb)

1. Add lean ground beef to frying pan preheated with avocado oil. Fry until the meat is crisp and well browned.
2. Add the taco seasoning and ketchup. Stir in the water.
3. Simmer until well blended.
4. Add the frozen southwest vegetables and stir to incorporate. Remove from heat and allow to cool to room temperature.
5. Preheat oven to 375 degrees.
6. Spray a 9x13 glass pan with cooking spray.
7. Add 1/2 of the shredded cheese to the beef mixture.
8. Place several tablespoons of the meat mixture on the tortilla and roll up. Watch the video to see how to fill and roll the tortilla.
9. Place the enchilada rolls into the greased glass pan.
10. Bake for 20 minutes.
11. Remove from the oven and pour the green chili sauce over the enchiladas. Spread the remaining cheese over the top.
12. Bake for 10 minutes.
13. Serve hot with your choice of condiments.

