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# Pleasures of Cooking Enchiladas

*Pleasures of Cooking*

Servings: 6

**1 T. Flour**

**1 Small Onion, Chopped**

**2 4 Oz. Cans Green Chilies, Diced**

**1 Pkg Taco Seasoning, Ground**

**2 C. Sour Cream**

**3 C. Monterey Jack Cheese, Shredded**

**Salt**

**12 7" Tortillas, Flour**

**2 Lbs. Beef Chuck, Boneless**

**1/4 C. Water**

**3 T. Red Wine Vinegar**

**1 1/2 C. Beef Broth**

**1 Tsp Cumin, Ground**

**Salad Oil**

Trim fat from beef and cook in 5-6 qt. pan with the water, covered for 30 minutes. Uncover and cook until liquid boils away and meat is well browned; turn as necessary.

Remove meat. To pan add the vinegar and scrape loose the browned bits. Add the taco seasoning, beef broth, and then the meat. Bring to a boil, cover, and simmer over medium heat until very tender, about 2 hours. Let meat cool, and then tear into shreds, mixing with pan juices.

In a large frying pan, combine 2 T. salad oil with the onions, chilies, and cumin. Cook, stirring often, over medium heat until onion is softened, about 15 minutes. Mix in the flour, then blend in 1 C. of the sour cream and stir until simmering. Remove from heat and blend in 1 C. of the cheese; add salt to taste.

Pour 1/4" salad oil into a 7" frying pan. Set over medium heat until hot. Cook tortillas, 1 at a time, until surface bubbles and the tortilla is limp, 5 seconds on each side. Drain the tortillas.

Spoon 1/3 C. chili mixture and 1/4 C. beef down center of each tortilla. Roll to enclose. Bake in baking pan at 375° 15 minutes. Pour remaining cheese over top and bake 5 min. more. Serve with remaining sour cream.

Cuisine: Mexican

**Beef, Company Main Course, Enchilada, Entree, Keeper, Pleasures of Cooking**

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*Per Serving (excluding unknown items): 1274 Calories; 67g Fat (47.6% calories from fat); 58g Protein; 109g Carbohydrate; 5g Dietary Fiber; 172mg Cholesterol; 1431mg Sodium. Exchanges: 6 1/2 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 10 Fat; 1/2 Other Carbohydrates.*