

Mexican Enchiladas



Ingredients list

- 1 tsp olive oil
- 1 onion
- 1 tsp chilli powder (mild or hot, according to your taste)
- ½ cans chopped tomatoes
- 1 bell pepper
- ½ cans mixed beans in water
- 2 small wholemeal tortillas
- 1 tbsp Tomato puree
- 25g extra-mature cheddar cheese, finely grated

Equipment list

- Sharp knife
- Chopping board
- Saucepan
- Large plastic spoon
- Small plastic bits bowl
- Grater (if needed for cheese)

- Dish to make enchiladas in (brought in from home!)

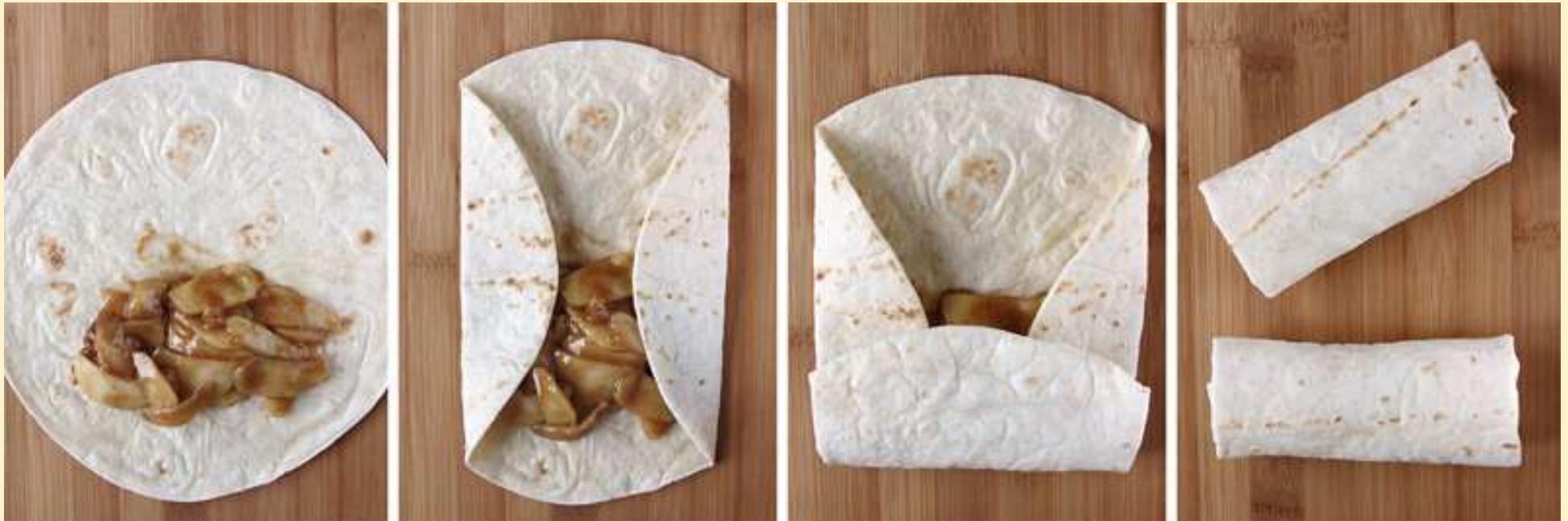
Method

1. Cut your pepper in half, remove seeds and evenly slice.
2. Peel and slice your onion
3. Cook the onions and peppers for 5-8 mins with a small amount of oil until soft – add a splash of water if they start to stick.
4. Pour in the tomatoes and beans and bring to the boil. Sprinkle in the chilli powder and cook for 1 min more.
5. Turn down the heat and simmer for 5-10 mins, stirring occasionally, until thickened.
6. Remove from the heat and season well.



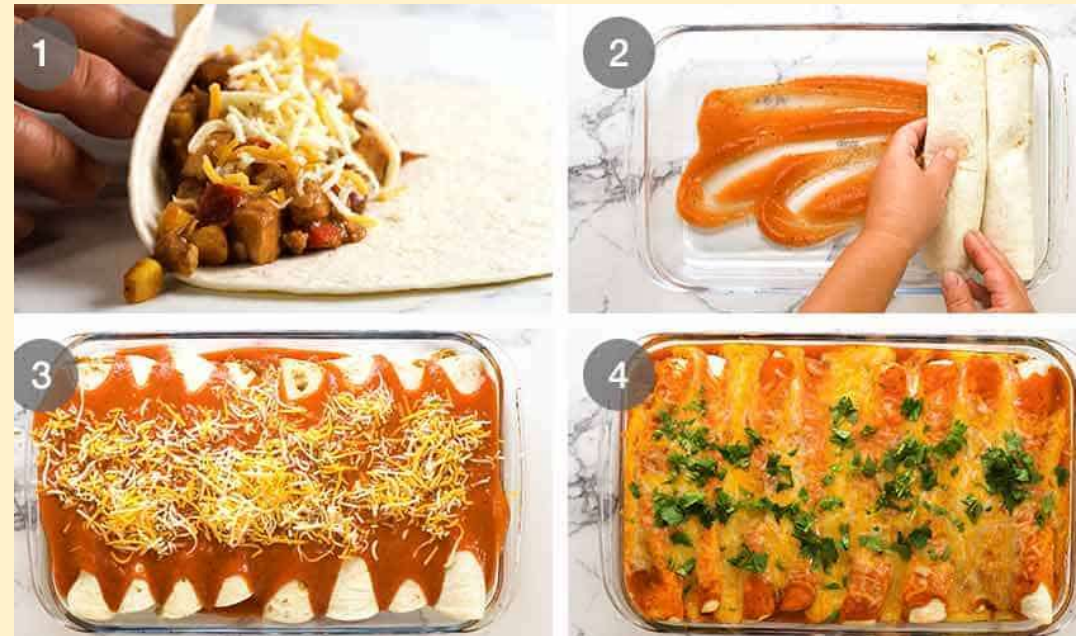
Method

7. Lay your 2 tortilla onto a board, fill with a few tbsp of your vegetable mixture (don't include too much liquid!)
8. Fold over the ends and roll up to seal. Place them into the ovenproof dish.



Method

9. In a small bowl, add your tomato puree and 1 tbsp of liquid from your vegetable mix. Stir together.
10. Spoon this tomato mix over the top of your enchiladas.
11. Add the cheese to the top of the enchiladas.
12. Turn the grill onto high heat.
13. Grill until the cheese has melted and turned slightly golden brown.



KEEP AN EYE OF THEM AS THEY BURN EASILY!!