

THURSDAY
MEXICAN NIGHT

Serves 4

Time: 30 minutes

- 1 pound ground beef
- ¼ cup onions, chopped
- 1 8 oz. can tomato sauce
- ¼ cup water
- 1 Tablespoon dried parsley, chopped
- 1½ Tablespoon ancho chili powder
- ½ teaspoon coarse salt or Mexican salt
- ⅛ teaspoon ground black pepper
- 1 10 oz. can mild red Enchilada Sauce
- 2 Tablespoons coconut oil
- 8 corn tortillas, taco size
- 1½ cups Mexican cheese, shredded
- 1½ cups sliced black olives

BEEF ENCHILADA SUPPER

1. Pre-heat oven to 350°.
2. In a medium size fry pan over medium heat break up meat and fry with onions until cooked through and onions are soft. Drain off any extra grease.
3. Add tomato sauce, water, parsley, ancho chili powder, coarse salt and ground black pepper. Reduce heat, simmer uncovered 10 min.
4. Warm enchilada sauce in a small pan over low heat. Spread ¼ cup sauce in 9x13 inch baking dish.
5. Heat oil in a small fry pan and warm each tortilla in oil, about 5 seconds, until soft. Dip each tortilla, both sides, in the warm sauce and place in 9 x 13 baking dish.
6. Spread ⅓ cup meat mixture down center of each tortilla. Roll up tortilla around filling to form enchilada and place seam side down in baking dish. Do this with each one placing them closely, side by side in the baking dish.
7. Cover with remaining warm sauce, sprinkle on the shredded cheese and sliced black olives. Bake at 350° for 15 min. Serve immediately.

Serve with: Butter lettuce and Romaine with thin slices of red onion, avocado and tomato. Pass your favorite dressing or olive oil and balsamic vinegar mixture.

Variations: Use regular chili powder in place of ancho chili powder. If you prefer more sauce, add another can of enchilada sauce.

*Serve this meal to your neighbors and friends.
These are delicious and remind me of how much
Everyone loves enchiladas. xo*