

Beef Enchiladas

INGREDIENTS

- 6 flour tortillas (whole wheat is best)
- 1 tablespoon olive oil
- 1 small onion finely chopped
- 1 1/2 pounds grass-finished ground beef
- 2 cups shredded mozzarella or Monterey Jack cheese
- 3/4 cup dairy sour cream
- 3 tablespoons snipped dried parsley
- 24 ounces tomato sauce
- 1 tablespoon chili powder (optional)
- 1/4 teaspoon ground cumin
- 1/3 cup sliced pitted ripe olives (optional)

DIRECTIONS

Heat oven to 350 degrees and spray a 9x13 inch pan with olive oil. Soften chopped onions in olive oil, then add ground beef and brown ground beef. Drain if necessary. Return to pan and warm through, remove from heat. Stir in 1 1/2 cups of the cheese, the sour cream, and parsley. Cover and reserve. Heat remaining ingredients except olives to boiling; reduce heat. Simmer uncovered five minutes. Whilst beef mixture simmers, prepare enchiladas by placing about 3/4 cup of meat/cheese mixture in each tortilla, roll and place in pan. Pour tomato mixture over the top. Sprinkle with remaining shredded cheese. Bake for 25-27 minutes. Serve with olives, sour cream, and additional salsa if desired. Serves 6