

Brenalou Bakes. Brenda Food.

Shredded Beef Enchiladas

Step 1: beef

To the bowl of a slow cooker, add:

1 cup beef broth (or water)

1 (15 oz) can diced tomatoes

1 (4 oz) can diced green chilies

2 lbs beef roast, trimmed

Season with:

2 tsp chili powder

1 tsp ground cumin

1 tsp garlic powder

1/2 tsp oregano

Cover and cook on low for 8 hours (or high for 4 hours).

- Strain, retaining the liquid
- Shred beef, set aside

Step 2: sauce

To a medium saucepan, add:

2 Tbsp cornstarch

2 Tbsp water

Whisk together, continue whisking while pouring in:

Cooking liquid, retained from roast

Heat over medium-high heat until thickened, whisking continuously. Remove from heat.

Step 3: assemble & bake

- *Preheat oven to 350F*

Prepare 9" x 9" baking dish by spraying with non-stick baking spray. Pour ~1/2 cup of **sauce** (Step 2) into bottom of baking dish.

1. Select **1 flour tortilla**
2. Sprinkle with **~2 Tbsp cheese**
3. Spoon in **1/8 portion shredded beef**
4. Roll up and place in baking dish
5. Repeat steps 1-5 with remaining **7 tortillas**

Pour remaining **sauce** (Step 2) over the rolled enchiladas.

Bake at 350F for 20 minutes (uncovered). Remove from oven and sprinkle with:

1 cup shredded cheese

Return to oven and bake an additional 5 minutes.

Serve hot, garnished with **cilantro** and **sour cream**.

Additional recommended toppings:

- **shredded lettuce, diced tomatoes, sliced olives, chopped green onions, salsa**

Brenda's tips:

- **Serving size:** 8 enchiladas
- Flour tortillas are recommended but can be replaced with 12 corn tortillas
- Optional: if you're not eating right away, cover baking dish with tinfoil and store in refrigerator (up to 24 hours) until ready to bake. Increase baking time by 15 minutes due to the cold start, baking 35 minutes + 5 minutes with cheese.

Brenda Bakes.
Chelsea Blogs.
You Enjoy.

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