

Beef and vegetable enchiladas

Enjoy this touch of sunny Mexico with a variety of Ontario's own winter vegetables. If you have a problem obtaining corn tortillas, replace with more readily available flour ones.

- Preparation time: 30 min.
 Cooking time: 15 to 20 min.
- 1/2 lb (250 g) vegetable oil
 - 1 medium Ontario onion, chopped
 - 2 cloves garlic, crushed
 - 1/2 lb (250 g) cooked roast beef, diced (about 1 cup/250 mL)
 - 1 large Ontario potato, peeled and cut into small dice
 - 2 medium Ontario carrots, cut into small dice
 - 1 cup (250 mL) sliced Ontario mushrooms
 - 1 can (14 oz/398 mL) tomato sauce
 - 1 tsp (5 mL) chili powder
 - 1 tsp (5 mL) dried oregano
 - 1 tsp (5 mL) ground cumin
 - 12 corn tortillas (6 in./15 cm)
 - 1 cup (250 mL) shredded old Cheddar cheese
 - 1 cup (250 mL) shredded Monterey Jack cheese
 - Sour cream
 - Chopped Ontario onions
 - Chopped fresh parsley



carrots and mushrooms. Stir together tomato sauce, chili powder, oregano and cumin; add 1/2 cup (125 mL) sauce and 1/4 cup (50 mL) water to skillet. Cover and cook over low heat 10 min. or until vegetables are tender. Pour remaining sauce and 1/4 cup (50 mL) water into 13x9 in. (33x23 cm) baking dish.

Warm 4 tortillas at a time in microwave oven on High 20 sec. Quickly dip each tortilla in sauce in dish to coat both sides; fill tortilla with some of the beef mixture. Roll up and push to one end of dish. Repeat with remaining tortillas and filling, packing them in a row. Sprinkle with Cheddar and Monterey Jack cheese. Bake in 350°F (180°C) oven 15 to 20 min. or until heated through. Serve 2 enchiladas per person with sour cream, chopped onions and parsley. Serves 6.

In large non-stick skillet, heat oil over medium heat; cook onion and garlic 5 min. Add beef, potato,

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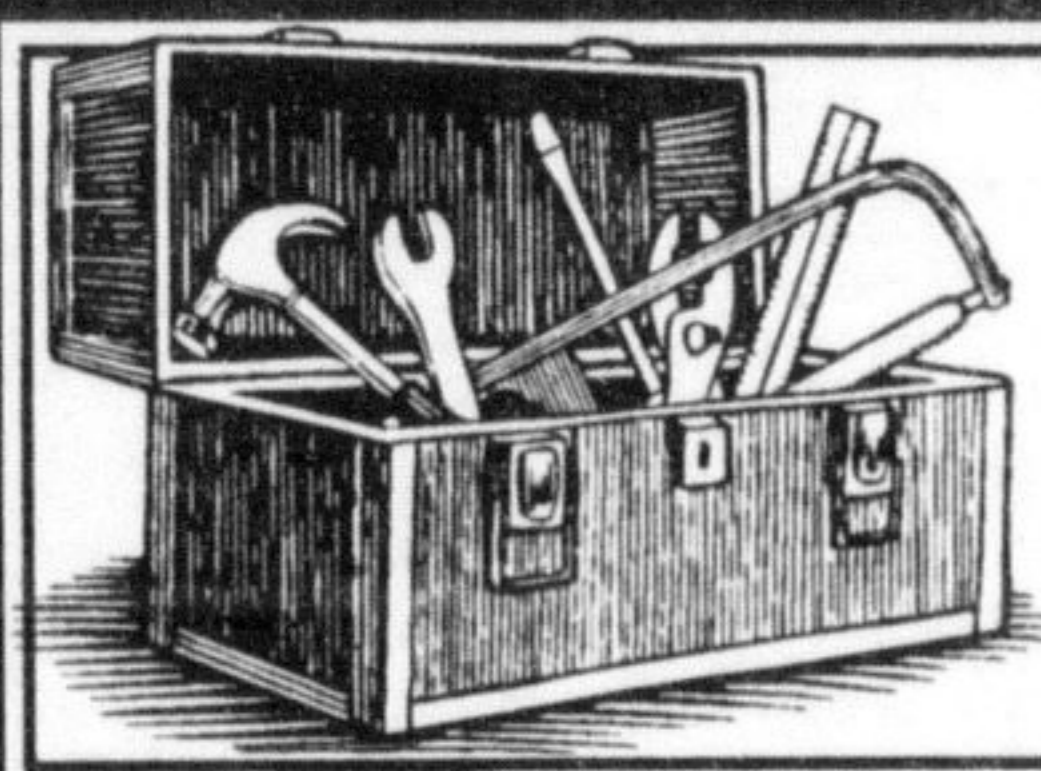
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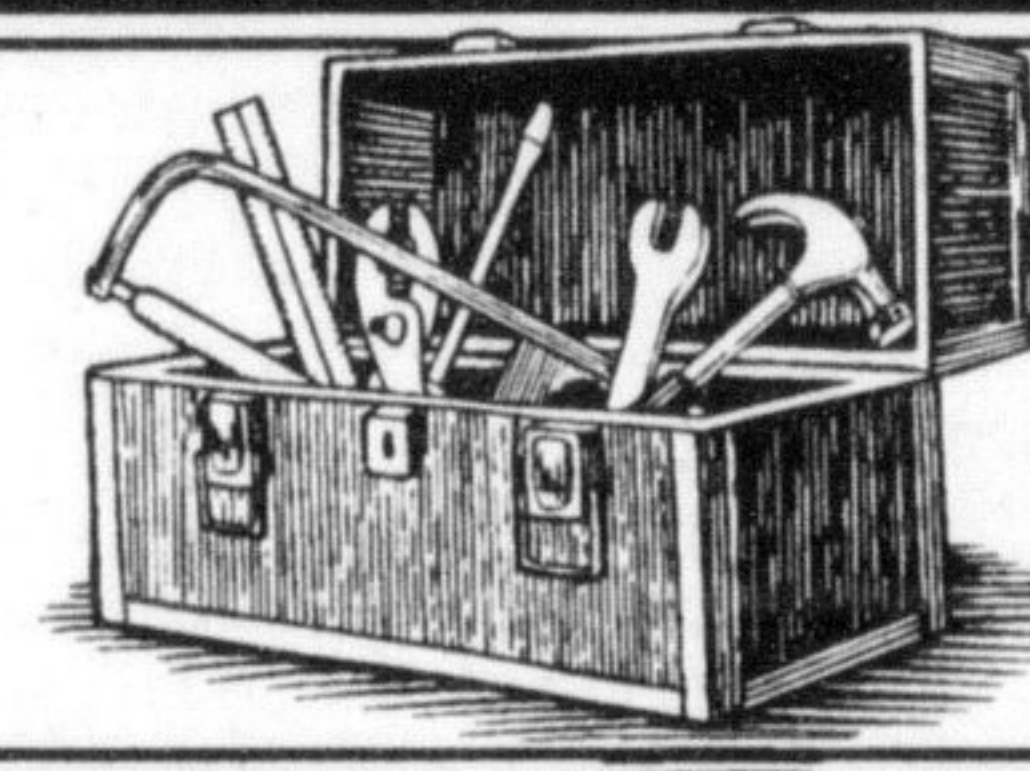
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