

Send Us Your Recipes!

If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0398 or e-mail us at talkback@cityemployeesclub.com



Cooking with the Club

with Chef Robert Larios



BEEF ENCHILADAS

Enchiladas are a specialty dish in Mexico. There are a variety of simple and complicated ways to make them. For instance, the enchilada sauce can be made from scratch and may take many hours of simmering before it is ready for drizzling over the tortillas. Some may even go as far as hand-making the tortillas for the most authentic of flavors.

However, I have put together a simpler recipe that holds the flavors very well. Feel free to substitute the ground beef for chicken, shrimp or fish. Just remember to cook them as the instructions suggest.

iBuen provecho!

Chef Larios

Beef Enchiladas

INGREDIENTS:

- 1 pound lean ground beef
- 1 medium white onion, finely chopped
- 1 clove garlic, minced
- 2 tablespoons extra virgin olive oil
- 1 to 2 15-oz. cans red enchilada sauce
- 5 to 7 medium flour tortillas
- 2 cups shredded Monterey jack cheese
- 1 2.25-oz. can sliced black olives
- 1/4 cup cilantro
- Sea salt and pepper to taste

Cooking TIDBIT

Substitute the Monterey jack cheese with cheddar cheese or a Mexican cheese that melts well. You may also substitute the ground beef for chicken, shrimp or fish.

[A Cook's Dictionary]



Enchilada:

This Mexican specialty is made by rolling a softened corn tortilla around a meat or cheese filling. It's served hot, usually topped with a tomato-based salsa and sprinkled with cheese.

© Barron's Educational Services, Inc. 2009 based on *The Food Lover's Companion*. 2007 by Sharon Tyler Herbst and Ron Herbst.

Food Quote

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon."

– Doug Larson

DIRECTIONS:

Serves 5 – 7



- 1 Preheat the oven to 350 degrees F. Finely chop the white onion, mince the garlic, and shred the cheese. Cook the onions on medium in a skillet and add the ground beef as well. Season with sea salt and freshly cracked pepper. Stir until browned.

Add the cooked onion, garlic and ground beef to the flour tortillas. Sprinkle the shredded cheese over the ground beef and roll the tortillas tightly.

- 2 Add some enchilada sauce to the bottom of a baking pan or aluminum lasagna pan and place the rolled tortillas with seam down. This will help prevent them from sticking to the bottom. Add the rest of the enchilada sauce evenly over the top of the rolled tortillas. Add the rest of the cheese and sprinkle the sliced black olives over the top.



- 3 Place in the preheated oven for 20 to 30 minutes or until the sauce is bubbly.



- 4 Serve and enjoy!