

Enchiladas

1 lb ground beef (cooked and drained)
2 - 14 oz cans black beans (rinsed and drained)
1 sweet potato, peeled, diced, and baked thoroughly
½ red pepper diced into small pieces
1 can sliced black olives (either 2.25 oz or 3.8 oz)
2 - 10 oz cans of hot red chile enchilada sauce (sometimes I use green/mild, but the hot is better. I like La Preferida brand, but have used many different kinds - all good)
¾ cup frozen corn
3 cups shredded cheddar, divided (1 cup + 2 cups)
1 medium fresh tomato, diced into small pieces
6 large (or xl) flour tortilla shells
Add some taco seasoning (1 packet or 3 Tablespoons) and a shake of cayenne pepper

*a couple of notes here - I have also mixed in things like ½ block cream cheese, ½ cup salsa verde (or any salsa), and other types of peppers. You can really add anything - you can also substitute the ground beef for shredded chicken or shredded pork, but I like ground beef best

In a glass baking dish (like what you'd cook lasagne in), spray the bottom with cooking spray. Make sure you shake up the first can of enchilada sauce, then pour half of one can into the bottom of the dish.

In a large bowl, mix together the cooked ground beef, the remaining half of the first can of enchilada sauce, both cans of beans, red pepper, cooked/diced sweet potato, olives, frozen corn, 1 cup of shredded cheddar, tomato, taco seasoning and cayenne pepper.

Make sure you divide out the mixture evenly into six portions (the more times you make it, the easier it is to eyeball it). Lay out one tortilla at a time and spread one portion evenly down the middle, then wrap it up with open ends (into a burrito shape - but with open ends). As you wrap each one up, lay it in the pan on top of the layer of sauce you put in there. Squish them all into the pan next to each other, then shake up the second can of enchilada sauce and pour it evenly over the top of each enchilada, using up the whole can.

Spread two cups of shredded cheddar over the top of the enchiladas, and cover the pan with aluminum foil. Bake at 350 for 30 minutes, then take the foil off. Make sure all the cheese on the top is melted before removing it from the oven.

*another note: I sometimes make this in the morning, all the way up to covering it with foil. Then BEFORE baking it, I put it in the fridge for the day and let it just soak all together. That makes them extra amazing. The tortillas are really good then. But even if you make it just ahead of baking it (with no refrigeration), it's still amazing.