



A Nutrition Resource

CREATE YOUR OWN ENCHILADAS

Yield: 8 Servings | Serving Size: 1 1/2 enchiladas (if made with 6-inch corn tortillas)

Cost/Serving: \$0.92

Ingredients:

Meat (optional)

1/2 pound extra lean ground beef, 1 cup chopped onion, and 1/2 cup chopped green pepper

or

1 package Basic Meat Mix

or

2 cups cooked chicken

Beans

1 1/2 cups cooked beans (pinto, black, or kidney beans) or canned, drained, and rinsed

or

2 1/2 cups cooked beans if making vegetarian enchiladas

Tomatoes

1 (15-ounce) can chopped tomatoes

or

1 (8-ounce) can tomato sauce

or

Substitute some salsa for the tomato sauce or chopped tomatoes

Vegetables

1 (4-ounce) can green chiles

or

1 cup frozen corn

or

1 zucchini, chopped

or

1 cup spinach (fresh, cooked, or frozen, thawed, and drained).

Nutrition Facts

8 servings per container

Serving size 1.5 enchiladas (227g)

Amount per serving

Calories 200

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 510mg 22%

Total Carbohydrate 28g 10%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 15g

Vitamin D 0mcg 0%

Calcium 113mg 8%

Iron 1mg 6%

Potassium 280mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION



A Nutrition Resource

Spices

Combinations of any of the following:

- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon pepper
- Up to 1/2 teaspoon salt

Cheese

- 1 1/4 cups shredded cheese

Tortillas

- 12 (6-inch) corn tortillas
- or
- 8 (8-inch) whole wheat tortillas

Sauce

- 1 (15-ounce) can enchilada sauce (green or red) *
- *Look for lower sodium enchilada sauces (less than 300 mg per serving).

Directions:

- 1) If using ground beef, cook beef, onion, and green pepper in skillet until beef is browned and vegetables are tender. Drain.
- 2) Combine cooked beef or chicken (if using), beans, tomatoes, vegetables, and spices in a saucepan. Bring to a boil. Reduce heat; cover and simmer 10 minutes.
- 3) **To construct enchiladas:**
Mix 1 cup of the cheese into the cooked mixture. Spoon about 1/2 cup of the mixture onto each tortilla and place seam-side down in 9 x 13-inch baking dish. Pour enchilada sauce over the tortillas and sprinkle with 1/4 cup cheese. Bake in 350°F oven for 20 minutes, or until hot.

To make enchilada casserole in the oven:

Layer ingredients (cooked mixture, tortillas, and 1 cup cheese) in a 9 x 13-inch pan. Pour enchilada sauce over the top layer and sprinkle with 1/4 cup cheese. Bake at 350°F for 40 minutes.

To make enchilada casserole in a slow cooker:

In a 5-quart slow cooker, layer cooked mixture, tortillas, and cheese. Tear or cut tortillas, as desired. Cover and cook on low for 5 to 7 hours until heated through.

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.