

## Fulton's Enchiladas

### Ingredients:

- 1 lb lean ground beef
- 1 bell pepper chopped
- 2-3 cloves of garlic minced
- ½ yellow onion chopped
- 25 ml chili powder
- 5 ml dried oregano
- 5 ml cumin
- 250 ml black beans
- 750 ml tomato salsa
- 250 ml shredded cheese
- 6 10 inch flour tortillas
- salt & pepper to taste
- avocado, sour cream and fresh chopped cilantro for garnish

### Directions:

- 1 Heat 30 ml of vegetable oil in a large cast iron pan. Fry onions, garlic and bell pepper until softened. Remove from pan.
- 2 Brown ground beef, cook until no longer pink. Return vegetables to the pan.
- 3 Add seasonings, and 250 ml of the salsa.
- 4 Grease a rectangular oven proof pan. Spread 125 ml of the salsa on the bottom of the pan.
- 5 Roll filling in tortillas, taking care to fold the ends in and place seam side down into the dish.
- 6 Cover with remaining salsa. Try to cover the tortillas so that they stay soft while cooking.
- 7 Cover with shredded cheese and bake at 350 for approximately 30 minutes.

You can use any leftover meat that you may have on hand or make them vegetarian and use more beans and cheese in the filling. Cottage cheese works really well.