



**GREEN
CHEF**

BEEF ENCHILADAS

corn, Southwest crema, toasted pepitas

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

1000

Saucy, smothered, and hearty: These enchiladas are a guaranteed dinnertime hit. You'll make them by wrapping flour tortillas around a filling of smoky paprika and cumin-spiced beef and corn, then topping the bundles with spiced enchilada sauce, Monterey Jack cheese, and crunchy pepitas. A trip in the oven turns the whole thing hot and bubbly, while allowing all the flavors to meld. When you're ready to serve, all you have to do is spoon some tangy spiced crema over the top and dig in. If you're looking for a bit of heat, add a dash of your favorite hot sauce.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (9 ITEMS)

1 whole	Yellow onion
6½ oz	Spiced enchilada sauce T
2 oz	Sour cream M
2¼ tsp	Smoky paprika-cumin blend
½ oz	Pepitas
10 oz	Ground beef*
2¾ oz	Corn
6 whole	Flour tortillas W
2 oz	Monterey Jack cheese M

*Ground beef is fully cooked when it's no longer pink.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

WHAT YOU'LL NEED

large sauté pan
medium baking dish
mixing bowls
measuring cup & spoons
whisk
oven mitt
cooking oil
1 tbsp butter M
salt & pepper

ALLERGENS

T TREE NUTS (coconut)
M MILK
W WHEAT

1 PREP & SEASON SAUCE

- Preheat oven to 450 degrees.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Place **spiced enchilada sauce** in a medium bowl. Add about ¼ cup water. Season with about ¼ teaspoon salt. Stir to combine.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 MAKE CREMA

- Place **sour cream** in a small bowl. Add about half of the **smoky paprika-cumin blend** and about 1 tablespoon water. Whisk to combine. Season with salt and pepper to taste.

3 TOAST PEPITAS

- Place **pepitas** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a cutting board and allow to cool. Roughly chop.

4 MAKE FILLING

- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium heat. Add **onion** to hot pan. Season with about ½ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until softened, stirring occasionally.
- Add **ground beef**, **corn**, and 1 tablespoon butter. Season with remaining **smoky paprika-cumin blend**, salt, and pepper. Cook 4-5 minutes, or until fully cooked, breaking up **beef** into pieces.
- Add about ¼ cup of the **enchilada sauce**. Stir to combine. Cook 2-3 minutes, or until liquid has mostly cooked off, stirring occasionally. Remove from heat.

5 BUILD ENCHILADAS

- Place about ¼ cup of the **filling** in the center of each **flour tortilla**. Roll **tortillas** to enclose filling.

6 BAKE ENCHILADAS

- Place **enchiladas**, seam sides down, in a medium baking dish. Spoon any remaining **filling** over enchiladas. Pour remaining **enchilada sauce** over top. Sprinkle with **Monterey Jack cheese** and **pepitas**.
- Bake 5-7 minutes, or until sauce is bubbly, cheese melts, and tortillas are lightly browned.

7 PLATE YOUR DISH

- Divide **beef enchiladas** between plates. Drizzle **Southwest crema** over top. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (532g)

Amount per serving

Calories **1000**

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 26g	130%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 2170mg	94%
Total Carbohydrate 65g	24%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 47g	
Vitamin D 0mcg	0%
Calcium 404mg	30%
Iron 8mg	45%
Potassium 588mg	15%

* The % Daily Value (DV) 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.

All ingredients in this recipe:

Ground Beef [beef], **Corn** [corn], **Pepitas** [pumpkin seed kernels], **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Flour Tortillas** [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Sour Cream** [cultured cream], **Spiced Enchilada Sauce** (Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Garlic, Red Onions, Dried Mustard, Black Pepper, Chili Powder, Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Apple Cider Vinegar [apple cider vinegar], Lime Juice [lime], Ground Cumin, Ground Coriander, Tomato Paste [vine ripened organic tomatoes], Sea Salt, Coconut Nectar [coconut tree sap]), **Smoky Paprika-Cumin Blend** (Dried Oregano, Ground Cumin, Ground Coriander, Smoked Paprika, Granulated Garlic, Onion Powder), **Yellow Onion**

Allergen information:

Contains Tree Nuts, Milk And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.