

DINNER

Round 2

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	15 min	15 min	4	\$3.96	1,088 kcal

If you want to add more gluten free recipes to your recipe box, Round 2 might be a recipe you should try. This recipe serves 4 and costs \$3.96 per serving. One serving contains 1483 calories, 72g of protein, and 42g of fat. It is brought to you by Foodnetwork.

Ingredients

- ☐ 12 ounce or can beer
canned
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon chili seasoning
- ☐ 1 tablespoon freshly chopped cilantro leaves
- ☐ 10 ounce enchilada sauce, divided
canned
- ☐ 1 cup shredded jack cheese, divided
- ☐ 4 servings Oil, for grate
- ☐ 4 servings Salt and freshly ground black pepper
- ☐ 1½ pounds top round steak
- ☐ 1½ cups long-grain white rice
- ☐ 2 tablespoons white vinegar
- ☐ 14½ ounce red beans, drained and rinsed
canned
- ☐ 1 tablespoon chili seasoning
- ☐ 2 tablespoons chili seasoning
- ☐ 8 corn tortillas, room temperature
- ☐ 1 tablespoon chopped garlic
- ☐ 2 tablespoons lemon juice
- ☐ ½ medium red onion, diced
- ☐ ½ cup sour cream, for serving, optional
- ☐ 2¼ cups water
- ☐ 1 tablespoon white vinegar
- ☐ 1 yellow pepper, diced

EQUIPMENT Bowl, Frying pan, Baking sheet, Oven, Pot, Baking pan, Grill, Ziploc bags, Grill pan, Cutting board

Method

- 1 Preheat oven to 350 degrees F.
- 2 In a medium bowl, combine the rice, steak, half the cheese, chili seasoning, 2 tablespoons enchilada sauce, and cilantro. Evenly distribute the mixture between 8 tortillas and roll up.
- 3 Cover the bottom of an oven-proof baking dish with about a 1/4 cup of the enchilada sauce.
- 4 Place rolled enchiladas in a single layer in the baking dish and top with the remaining enchilada sauce and cheese.
- 5 Bake in the preheated oven until cheese melts and enchiladas are heated through, about 15 minutes.
- 6 Remove from oven and serve with sour cream, if desired.
- 7 Heat oil over medium heat in a medium sauce pot.
- 8 Add garlic, and rice and saute for 2 minutes until rice is toasted.
- 9 Add 2 1/4 cups water, chili seasoning and season with a pinch of salt and pepper and bring to a boil. Cover, reduce heat to low and simmer for 15 minutes.
- 10 Remove to a baking sheet and let cool.
- 11 In a large bowl combine onion, yellow pepper, cooled rice, beans, vinegar and cilantro.
- 12 Mix well and serve with steak.
- 13 In a resealable plastic bag combine onions, garlic, lemon juice, beer, vinegar and chili seasoning. Massage the bag to mix the ingredients.
- 14 Place the steak into the bag, squeeze the air out and seal. Marinate in refrigerator for at least 4 hours, or overnight but no more than 18 hours.
- 15 Set up grill or grill pan over medium-high heat. Oil grate when ready to start grilling.
- 16 Let steaks stand at room temperature for 20 to 30 minutes before grilling.
- 17 Remove steak from marinade.
- 18 Place on hot, oiled grill and cook 4 minutes per side for medium rare (145 degrees F).
- 19 Pour the marinade into a large skillet over medium heat. Reduce by a half or until thickened, about 10 to 15 minutes
- 20 Transfer steaks to a cutting board and let rest for 5 minutes before cutting. Slice steak across the grain and serve with Zesty Rice Salad and reduced marinade.

Nutrition per serving

1,088

KCAL

63 g

PROTEIN

41 g

FAT

112 g

CARBS

Saturated Fat	12.1 g · 76% of daily needs
Fibre	13.4 g · 54% of daily needs
Sugar	9.7 g · 11% of daily needs
Sodium	1,208 mg · 53% of daily needs
Cholesterol	146 mg · 49% of daily needs
Vitamin C	61.7 mg · 75% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/round-2-148301