



## Shredded Beef Enchiladas

READY IN



135 min.

SERVINGS



10

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups beef broth
- 3 pounds beef chuck
- 8 ounce chiles green chopped canned
- 2 tablespoons chili powder
- 20 6-inch corn tortillas ()
- 1 tablespoon flour all-purpose
- 1 tablespoon ground cumin
- 3 cups monterrey jack cheese shredded divided
- 1 cup cooking oil for frying

- 1 large onion chopped
- 3 tablespoons red wine vinegar
- 2 cups cream sour
- 0.3 cup water

## Equipment

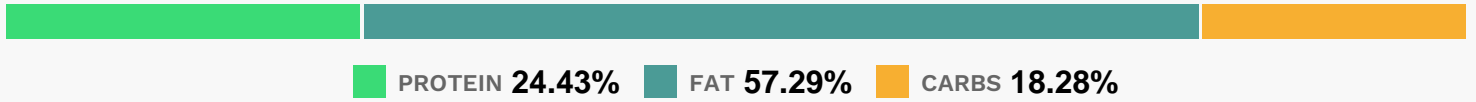
- frying pan
- paper towels
- sauce pan
- oven
- baking pan
- tongs

## Directions

- Place roast in a large saucepan that has a tight-fitting lid.
- Pour in water, cover, and simmer on low for 30 minutes. Increase heat to medium/high, and brown the roast on all sides. Once the water has boiled away, pour in the beef broth, vinegar, chili powder and 1 tablespoon of cumin. Cover tightly and reduce heat to low. Simmer for 1 1/2 to 2 hours or until the beef falls apart when you try to pick it up. Shred the beef, using 2 forks or your fingers.
- Place shredded beef back into the saucepan with all the juices, and let cool to room temperature.
- In a large skillet, saute the onion until just soft, not browned.
- Mix in flour and green chilies. Stir constantly for 2 minutes to cook the flour taste out. Stir in sour cream and 2 cups of Monterey Jack cheese. Cook on low for 10 minutes, stirring often, until the cheese is all melted and mixed. Set aside and let cool.
- In a large heavy skillet, heat the olive oil. Using tongs dip the tortillas, one at a time, into the oil for 30 seconds each side.
- Drain on paper towels.
- Preheat oven to 375 degrees F (190 degrees C).

- Spread 4 tablespoons of sour cream mixture down the center of the tortilla. Top with about the same amount of beef.
- Roll up and place seam side down in one or two 8x11 inch baking dish. Repeat for each tortilla. Continue until you are out of the filling.
- Sprinkle with remaining Monterey Jack cheese.
- Bake in a pre-heated oven for 30 minutes or until cheese is melted and bubbling.

## Nutrition Facts



### Properties

Glycemic Index:18.45, Glycemic Load:10.85, Inflammation Score:-7, Nutrition Score:26.607391139735%

### Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

### Nutrients (% of daily need)

Calories: 639.06kcal (31.95%), Fat: 41.3g (63.55%), Saturated Fat: 18.65g (116.56%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 25.1g (9.13%), Sugar: 2.96g (3.29%), Cholesterol: 151.2mg (50.4%), Sodium: 603.76mg (26.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.63g (79.26%), Zinc: 12.23mg (81.56%), Vitamin B12: 4.12µg (68.63%), Phosphorus: 626.43mg (62.64%), Selenium: 38.83µg (55.47%), Calcium: 389.81mg (38.98%), Vitamin B6: 0.77mg (38.3%), Vitamin B3: 7.44mg (37.18%), Vitamin B2: 0.48mg (28.22%), Iron: 4.87mg (27.06%), Vitamin A: 1076.9IU (21.54%), Magnesium: 85.16mg (21.29%), Potassium: 744.91mg (21.28%), Fiber: 4.56g (18.23%), Vitamin E: 2.08mg (13.9%), Manganese: 0.27mg (13.46%), Vitamin B5: 1.18mg (11.8%), Vitamin B1: 0.18mg (11.77%), Vitamin C: 9.36mg (11.35%), Copper: 0.21mg (10.59%), Folate: 33.24µg (8.31%), Vitamin K: 8.56µg (8.15%), Vitamin D: 0.34µg (2.26%)