



Zach's Alotta Southwestern Enchiladas

READY IN



45 min.

SERVINGS



8

CALORIES



1015 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 46.5 ounce black beans canned
- 7 ounce chiles diced canned
- 24 flour tortillas
- 1 clove garlic minced
- 35 ounce tomatillo sauce canned
- 8 servings kosher salt and pepper black freshly ground
- 1 pound pepper jack cheese grated
- 1 serrano chile diced
- 0.3 cup añejo tequila

- 1.5 cups tomato sauce
- 2 pounds tri-tip steak cut into large chunks
- 1 cup water

Equipment

- sauce pan
- oven
- baking pan
- aluminum foil
- slow cooker

Directions

- Special equipment: 2 (9 by 13-inch) baking pans
- One day ahead, make the steak: In a slow cooker, combine the steak, water, tequila, garlic, and 1 serrano chile. Season with salt and pepper, to taste, and cook, on low, until very tender, about 12 hours or overnight. Shred the steak.
- Preheat oven to 350 degrees F.
- Combine the tomatillo and tomato sauces in a saucepan over medium heat and cook, stirring, until hot. Stir in 1/4 cup of the cheese.
- Heat the black beans in another saucepan.
- Combine little of the sauce, a bit of the black beans, a smidgen of the cheese, small morsels of the steak, and hints of the diced canned chiles in each tortilla and roll, keeping the ends untucked. Arrange the rolls in the pans and pour the remaining sauce over the top.
- Sprinkle with the remaining cheese and remaining chiles.
- Cover the pans with foil and bake for 15 minutes.
- Serve immediately.

Nutrition Facts



PROTEIN 22.95% FAT 31.75% CARBS 45.3%

Properties

Glycemic Index:28.5, Glycemic Load:15.8, Inflammation Score:-9, Nutrition Score:41.300434299137%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1014.58kcal (50.73%), Fat: 34.92g (53.73%), Saturated Fat: 17.17g (107.33%), Carbohydrates: 112.1g (37.37%), Net Carbohydrates: 96.45g (35.07%), Sugar: 35.26g (39.17%), Cholesterol: 125.3mg (41.77%), Sodium: 3404.36mg (148.02%), Alcohol: 2.51g (100%), Alcohol %: 0.48% (100%), Protein: 56.79g (113.58%), Phosphorus: 853.83mg (85.38%), Selenium: 57.09µg (81.56%), Calcium: 652.39mg (65.24%), Vitamin B3: 12.73mg (63.68%), Fiber: 15.64g (62.57%), Folate: 217.84µg (54.46%), Vitamin C: 43.76mg (53.05%), Vitamin B1: 0.8mg (53%), Iron: 9.22mg (51.21%), Vitamin B6: 1.01mg (50.31%), Vitamin B2: 0.84mg (49.34%), Zinc: 7.31mg (48.71%), Manganese: 0.96mg (48.23%), Potassium: 1247mg (35.63%), Magnesium: 129.92mg (32.48%), Copper: 0.6mg (30.1%), Vitamin B12: 1.67µg (27.88%), Vitamin A: 885.28IU (17.71%), Vitamin B5: 1.44mg (14.4%), Vitamin K: 14.39µg (13.7%), Vitamin E: 1.35mg (9%), Vitamin D: 0.34µg (2.27%)