

We are ready.....

Beef and vegetable enchiladas



Suggested portion

Size for recipe

1-2 years - 120g

3-4 years - 160g

Ingredients - Serves 5

Onion, peeled	60g (1 small)
Fresh red pepper, cored	80g (½ medium)
Mushrooms	20g (2 mushrooms)
Vegetable oil	½ tablespoon
Canned tomatoes, chopped	200g (1 x 200g can)
Garlic purée	½ teaspoon
Tomato purée	1 teaspoon
Water	50ml
Dried mixed herbs	¼ teaspoon
Frying beef steak	210g
Tortilla wraps	150g (approx 2½ large wraps)
Cheddar cheese, full-fat	50g

Method

1. Preheat the oven to 220°C, 425°F, gas mark 7.
2. Wash and chop the onion, red pepper and mushrooms.
3. Heat the oil in a large pan and add the onions. Cook until softened (approximately 5 minutes).
4. Add the mushrooms and peppers and cook for a further 10 minutes. When cooked remove from the heat and blend the vegetables.
5. Place the blended vegetables back into the pan with the canned tomatoes, garlic purée, tomato purée, water and herbs and simmer on a low heat for 30 minutes.
6. Meanwhile, slice the beef into thin strips and fry in a separate pan until browned. Add to the tomato and vegetable mixture.
7. In an oven proof dish, layer the sauce and tortilla, repeating to the top. Finish with the sauce and sprinkle the cheese on top.
8. Bake in the oven for around 30 minutes until the cheese has melted and turned golden.