We are ready......

**Beef and vegetable enchiladas**

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**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 220ºC, 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.