

Mels Slow-Cooker Beef Enchiladas

YIELD: MAKES ABOUT 16 ENCHILADAS (SEE NOTE ABOUT FREEZING)

It kind of depends on how full you stuff each enchilada (and the size of tortillas you use) to determine how many total you'll get from this recipe. I've detailed the recipe for a 9X13-inch pan of enchiladas (about 10). If you used a slightly larger roast or used less meat mixture for each enchilada and have more enchiladas, simply fill up another pan and freeze before baking. To bake from frozen, bake the dish at 350 degrees covered for about an hour and a half, uncover and bake until heated through and bubbly, another 20-30 minutes.

INGREDIENTS

- 1 (2-3 pound) chuck or sirloin beef roast
- 2 cups low-sodium beef broth
- 2 tablespoons apple cider vinegar
- 1 cup (8 ounces) salsa
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons cornstarch or flour
- 10 6- or 7-inch flour or corn tortillas
- 1 cup shredded sharp cheddar cheese
- 1 1/2 cups shredded Monterey Jack cheese
- Fresh cilantro (optional)

DIRECTIONS- In a 4- or 5-quart slow cooker, add the beef roast. Whisk together the broth, vinegar, salsa, cumin, chili powder, onion powder, garlic powder, salt and pepper. Pour over the roast, cover the slow cooker, and cook on low for 8-10 hours until the beef is tender and shreds easily. Remove the roast from the slow cooker and place in a large bowl or shallow pan (like a 9X13). Pour the mixture from the slow cooker into a saucepan and bring to a simmer. In a small bowl, whisk together the cornstarch (or flour) with about 2-3 tablespoons water (a bit more water if using flour). Whisk the slurry into the simmering liquid and cook, stirring constantly, until the mixture is thickened slightly, 4-5 minutes. Add additional salt and pepper to taste, if needed. Pour about 1/2 cup sauce in with the beef and toss. Spread another 1/2 cup sauce on the bottom of a 9X13-inch pan. Toss the cheddar and Monterey Jack cheeses together. Fill each tortilla with some of the beef mixture and a sprinkle of cheese. Roll up and place in the pan. I usually try and fit ten enchiladas in a 9X13-inch pan (if the pan is lengthwise, two rows of five). Pour the remaining sauce over the enchiladas (you may not need to use all the sauce if you feel like it will drown the enchiladas or you may need to reserve some for an additional pan if you made more enchiladas due to a larger roast, etc.). Top with any remaining cheese and bake at 350 degrees for 20-30 minutes until bubbly and hot. Let the enchiladas rest for 5-10 minutes before serving. Sprinkle with fresh cilantro, if desired, and serve.

