

Sausage Enchiladas

Prep time: 15 minutes

Cook time: 30 minutes

Total time: 45 minutes

Serves: 4

Ingredients:

You will need:

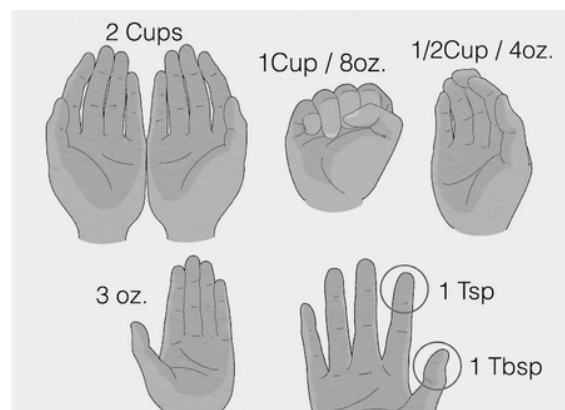
- 1 lb ground sausage
- 1 can enchilada sauce
- 1 cup instant corn flour
- 1 tbsp canola oil
- 1 can refried beans
- ½ - 1 cup chicken broth
- 1 cup shredded cheddar
- ¾ cup warm water
- ½ onion, diced (optional)

Mobile
Market
Ingredients

Cooking Utensils / Appliances:

- Oven
- Mixing bowls and spoons
- 9x13 baking dish or similar
- Skillet

Approximate Measurements



Instructions:

1. Mix the corn flour, water (adjust as needed), and a pinch of salt to form a soft dough. Form small balls and flatten thin to form small tortillas. Cook in a dry skillet for about 1 minute per side. Set aside.
2. Cook the filling by browning the sausage in a skillet. Add the onion, if using. Add a splash of broth to loosen, if needed.
3. Spread a little enchilada sauce in the bottom of a baking dish. Spread refried beans on each tortilla, then fill with the meat mixture. Roll up, and place in the dish seam-side down. Pour the remaining sauce over the top, and top with cheese.
4. Bake at 375 degrees F for 20-25 minutes, until heated through.