



BEEF ENCHILADAS

Enchiladas are a typical dish of Mexico, which are particularly popular in the north. They consist of corn tortillas soaked in a spicy sauce that are stuffed with meat, red beans or cheeses. Every region has traditional enchiladas. They are the perfect showcase for special salsas and can be either casual street food, the centerpiece of a family meal or a favorite restaurant specialty.

The word “enchilada” itself comes from the Spanish verb **enchilar**, which means “to season with chili.” This name points to the dish’s essence: the liberal use of chili peppers, which are integral to its flavor. Over the centuries, enchiladas have grown from a humble peasant food to a complex dish that embodies the spirit of Mexican gastronomy.

ELENAS’S VERSION

Enchilada sauce:

- Flour
- guajillo
- garlic
- onion
- Cumin, oregano
- Tomato Bouillon
- Vinegar
- Vegetable stock

Beef:

- Chuck roast
- Poblano pepper
- White onion

Enchilada plate comes with cilantro, white onion, refried beans, red rice, iceberg lettuce, pico de gallo and sour cream.

All these items can be omitted.

