

Super Easy Beef Enchilada

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-easy-beef-enchilada-recipe>

Ingredients:

- 1 1/2 pounds lean ground beef
- 2 cans enchilada sauce Traditional
- 1 can black beans drained and washed
- 1 can green chili Old El Paso
- 1/4 cup chopped onion
- 3 cups shredded cheese Mexican Blend
- 8 large flour tortillas
- 1 tablespoon cooking oil

Nutrition:

1. Calories: 1000 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 195 milligrams
4. Fat: 47 grams
5. Fiber: 11 grams
6. Protein: 71 grams
7. SaturatedFat: 23 grams
8. Sodium: 1630 milligrams
9. Sugar: 5 grams

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