

HONDURAN ENCHILADAS

Unlike the enchiladas you may be used to, Honduran enchiladas are made in the style of a tostada. They have layers of different flavors and textures, making them a delicious snack or main meal. The mouth-watering base of meat and vegetables can be enjoyed as a filling for tacos, burritos, or to top this tostada enchilada!

Yield: 10 servings

Ingredients

- 10 **corn tostadas**
- 1 cup **Queso fresco** (or feta or parmesan cheese)
- For the Meat
 - 1 large **potato**, cubed ¼ inch
 - 1 large **carrot**, cubed ¼ inch
 - 1 pound **ground beef**, (lean or extra lean preferred)
 - 1 medium **onion**, diced
 - 2 **garlic** cloves, minced
 - 1/2 **green pepper**, diced
 - 1 **tomato**, diced
 - 1 tsp **chicken bouillon**
 - 1/2 tsp **black pepper**
 - 1/2 tsp **ground cumin**
 - **Salt** as needed
- For the Cabbage Salad
 - ½ small head of **cabbage**, shredded
 - ½ bunch fresh **cilantro**, chopped
 - 1 medium **tomato**, diced
 - 1/4 tsp **salt**
 - 1/4 tsp **black pepper**
 - 1/4 tsp **cumin**
- For the Tomato Sauce
 - 1 tablespoon **olive oil**
 - 1 (6 ounce) no-salt-added **tomato paste**
 - 1 medium **onion**, sliced
 - ½ **jalapeño pepper**, sliced (optional)
 - 1/2 tsp **chicken bouillon**
 - 1/4 tsp **black pepper**
 - 1/4 tsp **cumin**
 - 2 cups **water**
 - **Salt** as needed

Instructions

1. Heat up a pan over medium high heat, add the ground beef, diced onion, minced garlic cloves, diced green pepper, diced tomato, and spices. Sautee for 5 minutes, stirring occasionally.
2. Add the cubed potatoes and carrots. Cook, stirring occasionally until the potatoes and carrots are tender, about 10 minutes.
3. Meanwhile the ground beef and vegetables are cooking, heat up the olive oil in a saucepan. Sautee the sliced onion and sliced jalapeño pepper until the onion becomes translucent, about 3 minutes. Add the tomato paste, water, and spices. Cook over medium-low heat for about 5 minutes. Taste and adjust for salt as needed.
4. In a separate bowl, mix all the ingredients for the cabbage salad and set aside.
5. To serve the enchiladas, place about 2 tablespoons of the meat and vegetable mixture on the tostada and top with desired amount of the cabbage salad, tomato sauce, queso fresco or parmesan cheese, and optional avocado.

Per Serving: Calories 258, Carbohydrates 29.6 g, Protein 16.1 g, Saturated Fat 3 g, Sodium 267 mg, Fiber 5 g, Sugars 7 g

This recipe is featured in the July 2021 issue of Beyond the Kitchen and is a family recipe

