



Cheese Enchiladas Smothered in Chile with Rice and Refried Beans



Ingredients for the Enchiladas:

- 12 corn tortillas
- 2 ½ cups shredded cheese (cheddar, Monterey Jack, or a Mexican blend)
- 1 medium onion, finely diced (optional)

Ingredients for the Red Chile Sauce:

- 3 tbsp vegetable oil
- 3 tbsp all-purpose flour
- 3 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp dried oregano
- 3 cups chicken or vegetable broth
- Salt to taste

Ingredients for the Mexican Rice:

- 1 cup long-grain rice
- 2 tbsp vegetable oil
- 2 cups chicken or vegetable broth
- ½ cup tomato sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cumin
- Salt to taste

Ingredients for the Refried Beans:

- 2 cups cooked pinto beans (or canned, rinsed and drained)
- 2 tbsp vegetable oil or bacon grease
- 1 tsp garlic powder
- 1 tsp cumin
- Salt to taste

**Method for the Red Chile Sauce:**

1. Heat vegetable oil in a saucepan over medium heat. Add flour and whisk to make a roux, cooking for 1–2 minutes.
2. Stir in chili powder, cumin, garlic powder, onion powder, and oregano. Gradually add the broth while whisking continuously to avoid lumps.
3. Simmer for 10 minutes, stirring occasionally, until the sauce thickens. Add salt to taste and set aside.

Method for the Mexican Rice:

1. Heat oil in a skillet over medium heat. Add rice and toast, stirring frequently, until golden.
2. Stir in broth, tomato sauce, garlic powder, onion powder, cumin, and salt. Bring to a boil, then reduce heat to low, cover, and simmer for 18–20 minutes, until the rice is tender.

Method for the Refried Beans:

1. Heat oil in a skillet over medium heat. Add the beans, garlic powder, cumin, and salt. Mash the beans with a potato masher or the back of a spoon until creamy. Add water as needed to adjust consistency.

Method for assemble of the Cheese Enchiladas:

1. Preheat the oven to 375°F (190°C).
2. Warm the tortillas in the microwave or a skillet to make them pliable.
3. Add a handful of shredded cheese and some diced onion (if using) to each tortilla. Roll tightly and place seam-side down in a baking dish.
4. Pour the red chile sauce generously over the enchiladas, ensuring they are well coated. Sprinkle additional cheese on top.
5. Bake the Enchiladas:
6. Cover the dish with foil and bake for 15 minutes. Remove the foil and bake for an additional 5–10 minutes, or until the cheese is bubbly and melted.

Plate and Serve:

1. Serve the cheese enchiladas hot with a side of Mexican rice and refried beans. Garnish with chopped cilantro, sour cream, or diced jalapeños, if desired.
2. These Cheese Enchiladas Smothered in Chile are a comforting, hearty dish that is perfect for a satisfying family meal!