

Beef enchilada with guacamole, cheese and sour cream

Serves 10

Ingredients

450g lean beef mince	20g tomato puree
110g onion, peeled and chopped	10g mild chilli powder
150g carrot, grated	10g dried oregano
12g garlic	10 tortilla wraps
400g canned chopped tomatoes	200g guacamole
200g sour cream	200g grated cheddar cheese

METHOD:

- Preheat the oven to 180c, 350F, Gas 4
- Place the minced beef in a large saucepan
- Put the pan on a medium heat and stir the mince to prevent it from sticking until it begins to brown
- Add the onion, carrot and garlic and continue to cook for 10 minutes, stirring from time to time
- Now add the tomatoes and tomato puree along with the herbs and spices
- Bring the mixture to the boil then reduce the heat and simmer for 20 minutes- the mixture will thicken- allow to cool a little
- Heat the wraps in the microwave for a few seconds to make them more flexible
- Spoon a little of the beef mixture down the centre of 1 wrap. Now wrap the two sides of the tortilla to encase the meat mixture- (it should look like a rolled pancake)
- Place the filled tortilla in a shallow oven proof dish
- Repeat for the remaining wraps until all 10 have been filled
- Sprinkle the cheese over the enchiladas
- Bake the enchiladas in the oven for 10 minutes or until the cheese is melted and bubbling.
- Serve each wrap topped with dessert spoon of sour cream and the same quantity of guacamole
- **Cook's tip- for weaning diet make a carrot and avocado puree**
- **For wheat - free pasta omit wraps and serve with boiled rice**
- **For dairy - free diets omit sour cream and cheese- serve natural soya yoghurt and dairy free cheese**
- **For vegetarian diets omit beef mince and use canned lentils in unsalted water, courgette and mushrooms instead. Serve vegetarian cheese.**



Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
227	11	3.7	19	2.4	1	2.8	121