Cavalry Primary School

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Cookery Club

**Recipe Card**

**Veggie Enchiladas**

Ingredients

* 1 onion
* 1 pepper
* 2 medium mushrooms
* 2 tsp chilli powder
* Tin of chopped tomatoes
* Tin of mixed beans
* Tortilla wraps
* Cheddar cheese

N.B. You can swap the vegetables for any of your favourites!

Method

1. Heat some oil in a large frying pan. Cook the onions, mushrooms and peppers for 6-8 minutes.
2. Sprinkle in the chilli powder and cook for 1 min more.
3. Pour in the tomatoes and beans and bring to the boil.
4. Turn down the heat and simmer for 5-10 mins, stirring occasionally.
5. Heat grill to high. Spread a spoonful of the bean chilli over a large ovenproof dish.
6. Lay each tortilla onto a board, fill with a few tbsp of chilli mixture, fold over the ends and roll up to seal.
7. Place them into the ovenproof dish. Spoon the remaining chilli on top.
8. Sprinkle the cheese over the top of the enchiladas. Grill for a few mins until the top is golden and bubbling. Enjoy!

Week 2