



Jan's Easy Enchiladas

Ingredients

1 medium yellow onion
1-2 cloves garlic (bit of dry powder will do)
2-3 tsp oil (canola or other)

Fixins

1 can (16 oz) chunky green-chile Enchilada sauce (Cervantes or other)	¼-½ lb cheddar cheese (sharp is best)
1 can (16 oz) refried pinto beans (vegetarian or other)	3-4 tomatoes
1 can (14½ oz) chopped tomatoes	1 small head iceberg lettuce
1 can (6 oz) diced green chile (mild or other to taste, depending on the enchilada sauce)	10-20 tortillas (corn or flour)
½ tsp red pepper flakes or powdered chile (red or green, <i>not</i> chili powder)	optional: sour cream
¼ tsp cumin (ground or whole)	guacamole
salt and pepper to taste	
1 cup water (substitute some broth if desired)	
optional: 1 lb favorite cooked meat	
1 can niblets corn (drained)	
½ cup reconstituted TVP	

Directions

Chop onion and sauté in oil with crushed garlic until soft, about 10 min. While sautéing, combine remaining ingredients in sauce pan - including liquid contents of cans. Squish the tomatoes a bit if necessary. Add onion mixture and simmer over low heat for 20 minutes (or shorter if less time is available).

While sauce simmers, grate cheese and chop lettuce and tomatoes. Preheat oven to 450°. Prep tortillas by heating on a griddle or skillet (fry and drain corn tortillas if desired).

Spread small amount of sauce over oven-safe plate. Place tortilla on plate and cover lightly with cheese then sauce. Put second layer (tortilla, cheese, and sauce) over this one. Prepare as many layers as desired. Place each plate in oven for about 10 minutes, until cheese is well melted.

Top with a small amount of grated cheese. Garnish with lettuce, tomato, sour cream, and guacamole. Serve on a protected surface while saying "Be careful, the plate is very hot."

Notes: To reconstitute TVP: 1 Cup boiling water and 1 Tbsp ketchup, mixed with 1 cup TVP
Sauce may thicken if allowed to stand. Add a little vegetable broth or water if a thinner sauce is desired.

Large flour tortillas may be torn or folded over to make both layers from one tortilla.
Serves 6-8.

