

# Restaurant Style “Beef” Enchiladas

Serves: 4-6

Prep time: 15 minutes

Cook time: 20 minutes



**Vegetarian & Vegan  
Meats & Treats**  
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## Ingredients:

- \*2 cups Hearty Plant Protein Pea Crumbles
- \*1 packet Simply Organic Fajita Seasoning Mix
- 2 cups water
- 2 tbsp. olive oil
- 1 small yellow onion, chopped (about 1 cup)
- 1 28oz. can enchilada sauce (green or red)
- 6 medium sized (9”) corn or flour tortillas
- 2 cups shredded cheddar cheese or substitute
- 1/4 cup cilantro, chopped
- 1/4 cup green onions, chopped

## Directions:

- 1) Pre-heat the oven to 375° F
- 2) In a large, high-sided, non-stick skillet, heat the oil over medium heat, and sauté the onion until it begins to turn translucent (3-5 minutes).
- 3) Carefully add the water to the onions, then stir in the seasoning packet and bring to a boil.
- 4) Stir in the Pea Protein Crumbles, then reduce the heat and simmer, stirring frequently until the excess liquid is gone (5-7 minutes).
- 5) Pour half of the enchilada sauce in a 9”x13” baking dish.
- 6) Dip a tortilla in the sauce and cover both sides in sauce. Add a few large spoonfuls of the “beef” filling and a sprinkle of cheese to the center of the tortilla. Fold the sides over the filling, and turn the assembled enchilada upside down (seam facing down). Repeat with the remaining tortillas until your “beef” filling is gone.
- 7) Pour the remaining sauce over the enchiladas. Sprinkle the remaining cheese, the cilantro, and green onions over the top of the enchiladas.
- 8) Bake until the cheese is melted and the sauce is bubbly (15-20 minutes).

## Serving suggestions:

- Top with sour cream or substitute
- Side Dishes:
  - o Mexican Rice
  - o Refried Beans
  - o Steamed Veggies
  - o Chips and Salsa



INGREDIENTS



STEP 4



STEP 6



SERVED

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