

# Slow-cooked Beef with Enchilada spices

This oh-so-simple recipe works a treat in several ways. You can fill a quesadilla (just add cheese!) or a tortilla and top with a tomato/tomatillo sauce for an enchilada. Or use as a bean-less chilli con carne (the traditional way!), nacho topping or baked potato filler. **serves 4-6**

- 700g beef, diced finely (about 1cm cubes)
  - 1 carton [Enchilada spices](#) (hot or mild, it's up to you!)
  - 2 tbsp oil
  - 1 tin tomatoes
  - 1 brown onion, finely chopped
  - 4 cloves garlic, crushed
  - 1 tbsp brown sugar (optional)
1. Heat the oil in a large pan and gently fry the onion until soft. Remove and set aside.
  2. Add the beef to the pan with the spices, stir well and brown all over. Add the garlic and fry briefly.
  3. Return the beef to the pan and add the tomatoes. Bring to the boil, then turn down to a simmer. Cook in a slow cooker or very low oven for about 4-5 hours, or until the meat is very tender, checking every so often that it is not too dry and adding a little water if required.
  4. Taste and season, adding the sugar if you want a little extra sweetness.

## Cook's notes

- For enchiladas, fill tortillas with the hot meat, roll up and place in an oven-proof dish. Pour over the hot [enchilada sauce](#) and sprinkle with cheese. Grill for a couple of minutes before serving.
- For quesadillas, heat one large tortilla in an oiled frying pan. Cover with cheese, then a third of the beef. Place another oiled tortilla on top, then after a few minutes turn them using a plate and cook on the other side. Serve with guacamole and jalepenos.