

# Beef Enchiladas with Big Banana Ripe Plantain Slices

(Use of Big Banana® Ripe Plantain Slices)



Servings: 8



Total Time: 60 min.



Level: Beginner

## For the Ripe Plantain Slices

### INGREDIENTS

- 24 each Big Banana® Ripe Plantain Slices
- Vegetable Oil, as needed for Frying

### PROCEDURE

1. Preheat fryer to 350F
2. Working in batches add the plantains to the fryer basket and gently lower it into the oil and cook for 3-4 minutes
3. Drain and hold warm.

**For the Enchiladas**

- 1½ lbs. ground beef
- salt and pepper to taste
- 1 small white onion; peeled and diced
- 1 (4-ounce) can diced green chilies
- 1 (15.5 ounce) can black beans, rinsed and drained
- 8 large flour tortillas
- 3 cups Mexican-blend shredded cheese
- 1 can store-bought enchilada sauce
- ¼ cup chopped fresh cilantro

**PROCEDURE**

1. Heat oven to 350°F. Grease a 9 x 13-inch baking pan with cooking spray. Set aside.
2. Cook the ground beef in a large sauté pan over medium-high heat until it is browned and completely cooked through. *\*\*\*Use a spatula to break up the beef into small pieces as it cooks.*
3. Using a slotted spoon, transfer the beef to a separate bowl and set aside.
4. Reserve 1 tablespoon of the remaining grease and discard the rest.
5. Add the onion to the sauté pan and cook for 5 minutes until soft and translucent.
6. Stir in the green chilies and beans, and cook for 1 minute to warm, stirring occasionally.
7. Remove pan from heat and add to the ground beef.
8. Add a ¼ cup of the enchilada sauce into the mixture and combine. Reserve.

**To Assemble:**

Set up an assembly line including tortillas, enchilada sauce, ground beef mixture, and cheese.

Lay out a tortilla and spread two tablespoons of sauce over the surface of the tortilla. Portion about 1/8th of the ground beef mixture and spread it in a line down the center of the tortilla, then sprinkle with 1/3 cup cheese. Roll up tortilla and place in the prepared baking dish. Repeat with the remaining ingredients. Spread any of the remaining enchilada sauce on top of the tortillas, then sprinkle the remaining shredded cheese on top.

Bake uncovered for 20 minutes. Remove from oven, garnish with the chopped cilantro and serve with the Plantain Slices.