

SHREDDED BEEF ENCHILADAS

F MEDIUM

Last Modified: 09/22/2014

PREP: 1 Hr
COOK: 9 Hrs
SLOW COOKER

MEXICAN

MAKES 30 6" SERVINGS

| QUA | MEASURE | INGREDIENT | PROCESS |
|---------------------------|----------|---|-------------|
| 3 ~ 4 | Pounds | Eye Of Round Beef Roast | Fat On |
| 2 | Bunches | Green Onions (Greens & Whites) | Thin Sliced |
| 2 | Tbsp | Garlic Cloves | Minced |
| 1 +/- | Dashes | Sriracha Hot Chili Sauce (Huy Fong) | To Taste |
| 2 | Packages | Old El Paso Flour Tortillas (30 - 6", 20 - 8" or 10 - 10") | |
| 2 | Recipes: | Sauce - Red Enchilada Sauce | |
| OR | | | |
| 3 | 10 Oz | Cans Red Enchilada Sauce (Old El Paso - Mild, Med, Hot) | |
| 1 1/2 | Pounds | Mixed Monterey Jack, Asadero, Queso Quesadilla & Cheddar Cheeses | Shredded |
| SUBSTITUTE (IF NECESSARY) | | | |
| 1 1/2 | Pounds | Mixed Colby & Monterey Jack Cheese | Shredded |

BEEF BRAISING SAUCE

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|---------------------------|-------|---------------------------------|-----------|
| 2 | Large | White Onions | Chopped |
| 1 1/2 | Cups | Water | Warm |
| 1 | Tbsp | Beef Base (Superior Touch) | Dissolved |
| 2 | Tbsp | Chili Powder (Mild/Medium/Hot) | |
| 4 | Tsp | Distilled White Vinegar (Heinz) | |
| 2 | Tsp | Dried Oregano | |
| 1 | Tsp | Ground Cumin | |
| 1/2 | Tsp | Ground Black Pepper | |
| 2 | Tsp | Garlic Salt | |
| OR THE NEXT 2 INGREDIENTS | | | |
| 1 1/2 | Tsp | Garlic Powder | |
| 1/2 | Tsp | Kosher Salt | |

GARNISH

| | | | |
|---|-------|--------------------------------|-------------|
| 1 | Bunch | Green Onions (Greens & Whites) | Thin Sliced |
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OPTIONAL GARNISHES

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|-----|-----|----------------------------------|----------|
| 1/3 | Cup | Sliced Black Olives | Rinsed |
| 1/2 | Cup | Ripe Tomatoes (Seeds & Gel Gone) | Diced |
| 1/4 | Cup | Jalapeno Peppers (Seeded) | Diced |
| 1/2 | Cup | Iceburg Head Lettuce | Shredded |
| 1/2 | Cup | Salsa (Mild / Medium / Hot) | |
| 1/2 | Cup | White Onions | Diced |

SHREDDED BEEF ENCHILADAS

| PREPARATION | |
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| FACTOID | These are FANTASTIC! When I lived near Kennett Square, PA in the middle 1990's, a great local Mexican Restaurant's Chef's (Abuelita Estilita) daughter confided in me (after MUCH begging and groveling), her Great Grandmother's original recipe with the promise that I would NEVER cook it for any others as long as I lived in Pennsylvania (I didn't & I still went to their restaurant weekly for dinner. I moved away in 1995). BTW, her dish did NOT use Canned Sauce nor Dried Spices - that change was purely mine as a much later, way-too-lazy addition. She ALWAYS used only her homemade Red Enchilada Sauce. We visited Philly in 2010 & went out to the restaurant - It was now a Hoagie Shop. The shop owner said that Grandmother Estilita had passed and daughter Lupe had become very sick, so the family had decided to close up shop. HOW VERY SAD! |
| HINTS | This Shredded Beef is ABSOLUTELY To-Die-For! It easily lends itself for use in Tacos, Burritos, almost anything Spanish, it can even be used as a 4 star Pizza Topping. |
| NOTE | This is indeed my all-time favorite Mexican dish. I make it <u>SEVERAL</u> times a year. It is specifically requested often by friends and relatives as my dish-to-pass at gatherings. Use a tough cut of Beef since it will be braised to fall-apart tender and flavored by the worlds best Beef Braising Sauce (See Pictures). |
| FACTOID | America's Test Kitchen tested ready-made Flour Tortilla's. They found Old El Paso Brand to be the hands down winner for both, taste and texture. I TOTALLY AGREE! |
| TOOLS | <ol style="list-style-type: none"> 1) Crock Pot 2) 2 - 9" x 13" Glass Baking Dishes OR Disposable Aluminum Half-Pans & Lids OR 13" x 21" Stainless Steel Buffet Server Pans 3) Large Stainless Steel Skillet 4) Gravy Separator 5) Fine Wire Strainer 6) Tongs 7) Small Saucepan & Lid |
| PREP | DISH <ol style="list-style-type: none"> 1) Thinly slice the Green Onions and set them aside. 2) Shred the Cheese(s), mix together and set them aside 3) Preheat the oven to 350 degrees with a rack in the center when ready to bake. |
| PREP | BEEF BRAISING SAUCE <ol style="list-style-type: none"> 1) Chop the White Onions and set them aside. |
| PREP | GARNISH <ol style="list-style-type: none"> 1) Thinly slice the Green Onions and set them aside. |
| 1 | SHREDDED BEEF: Place a layer of chopped Onions in the bottom of the crock pot. Place the Beef Roast in the pot with the fat side up. Mix the Warm Water and the Beef Base and stir until dissolved. Add in the Garlic Salt, Chili Powder, Vinegar, Oregano, Cumin, Black Pepper and remaining Onions, mix well and pour over the Roast. Use only enough liquid to come halfway up the side of the Roast. Top the Roast with the Minced Garlic. Set the crock pot on high and cook for 6 to 8 hours, or until the Roast begins to easily fall apart - test, test, TEST. |

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| 2 | SHREDDED BEEF: When the Roast is done, place it on a cutting board and allow it to cool. Strain the remaining Juices to remove the Onions and reserve both, the Onions and Juices. Using a gravy separator, separate the fat from the Juices, pour the Juices into a small saucepan, discard the fat. Over medium high heat, bring the Juices to a boil, lower the heat to medium and simmer until reduced by half. Meanwhile, using two forks, pull the Roast apart into short, thin shreds, discarding any pieces of remaining fat and silverskin, etc. that you can find. |
| 3 | SHREDDED BEEF: Mix the reserved Braised Onions into the Shredded Beef and add in enough of the reduced Juices to the Shredded Beef to make it <u>VERY</u> moist. You may add in a little Beef Stock if you use it all and they still seem dry. Dry Beef = VERY dry Enchiladas after baking. |
| 4 | ENCHILADAS: Add a thin layer of Red Enchilada Sauce in the bottom of a 9 inch x 13 inch glass or ceramic baking dish or a single 13 inch x 21 inch stainless steel buffet server pan. |
| OPTION | If you like a "drier" Enchilada, you may spray the bottom & sides of the pan with a non-stick cooking spray in place of the Sauce. |
| NOTE | I have recently begun to lightly brown each Tortilla just before filling in a large dry non-stick skillet over medium high heat. A "different" type of texture and flavor that I have found that I enjoy. |
| 5 | ENCHILADAS: Lay a Tortilla flat on a cutting board. Add in just enough Shredded Beef to still allow for rolling. Drizzle the Shredded Beef evenly with 4 tablespoons of Red Enchilada Sauce. Add a generous bit of Shredded Cheese and a large pinch of the chopped Green Onion. Tightly roll up each Tortilla and place them together (touching) seam side down in the baking dish. |
| 6 | Repeat the process for additional baking dishes. |
| 7 | ENCHILADAS: Sprinkle any leftover Shredded Beef evenly over the top. Spoon any remaining Enchilada Sauce evenly over the top to DAMPEN, but DON'T drown them or they will end up REALLY soggy. Sprinkle the remaining Cheese evenly over the top. Sprinkle the leftover sliced Green Onions or other options that you want baked, evenly over the top of the Enchiladas. |
| 8 | BAKE: Place the baking dishes on a center rack and bake them for 30 minutes or until the Sauce is bubbling and the Cheese has melted. You may also broil the dish near the end to slightly brown the Cheese. |
| SERVE | Sprinkle any chosen optional unbaked ingredients evenly over the top. Serve while hot with Cold Garnishes, Sour Cream, extra warm Enchilada Sauce and perhaps a bit of Hot Sauce on the side. |