

ENCHILADAS

This is for a 9"x13" pan. They can be frozen either before or after they're baked.

Ingredients

2pkgs (about 20) flour tortillas

1 can vegetarian refried beans

About 12 oz grated cheddar cheese

One can tomato sauce (You can add hot sauce or serve it with hot sauce. I do the latter.)

1. Preheat oven to 425° and grease the pan.
2. Remove the tortillas from the plastic and wrap in a paper towel. Heat in microwave for one minute. (This makes them soft and easier to roll. It's not absolutely necessary unless they're frozen.)
3. Lay the tortillas out on a clean counter or table. Place a heaping teaspoon of refried beans in the center. Then add a fistful of cheese. Roll up by folding over both edges and then rolling tightly. Place in pan.
4. Cover the enchiladas with tomato sauce so that all exposed surfaces are covered. Sprinkle cheese on top.

Bake for about 20 minutes until cheese has melted. Serve with hot sauce, sour cream, or plain yogurt.