



# MAY 2018

## Garlic Beef Enchiladas

This saucy enchilada casserole has irresistible home-cooked flavor and a subtle kick.

**Prep Time:** 30 minutes | **Cook Time:** 40 minutes | **Yield:** 5 servings

### Main Ingredients

- 1 lb. ground beef
- 1 medium onion, chopped
- 2 Tbsp. all-purpose flour
- 1 Tbsp. chili powder
- 1 tsp. salt
- 1 tsp. garlic powder
- ½ tsp. ground cumin
- ¼ tsp. rubbed sage
- 1 can (14-½ oz.) stewed tomatoes, chopped

### Sauce Ingredients

- ½ c. butter
- 4–6 garlic cloves, minced
- ½ c. all-purpose flour
- 1 can (14-1/2 oz.) beef broth
- 1 can (15 oz.) tomato sauce
- 1–2 Tbsp. chili powder
- 1–2 tsp. ground cumin
- 1–2 tsp. rubbed sage
- ½ tsp. salt
- 10 flour tortillas (6 in.), warmed
- 2 c. shredded Colby-Monterey Jack cheese, divided
- optional toppings: halved grape tomatoes, minced fresh cilantro, sliced jalapeno peppers, medium red onion (chopped or sliced)



### Directions

1. Preheat oven to 350°F. In a large skillet, crumble beef and cook with onion over medium heat until no longer pink, 6–8 minutes; drain. Stir in flour and seasonings. Add tomatoes; bring to a boil. Reduce heat; simmer, covered, 15 minutes.
2. In a saucepan, heat butter over medium-high heat. Add garlic; cook and stir 1 minute or until tender. Stir in flour until blended; gradually whisk in broth. Bring to a boil; cook and stir 2 minutes or until thickened. Stir in tomato sauce and seasonings; heat through.
3. Pour 1-½ c. sauce into an ungreased 13 x 9-in. baking dish. Place about ¼ c. beef mixture off center on each tortilla; top with 1–2 Tbsp. cheese. Roll up and place over sauce, seam side down. Top with remaining sauce.
4. Bake, covered, until heated through, 30–35 minutes. Sprinkle with remaining cheese. Bake, uncovered, until cheese is melted, 10–15 minutes longer. Serve with optional toppings, if desired.

[www.tasteofhome.com/recipes/garlic-beef-enchiladas](http://www.tasteofhome.com/recipes/garlic-beef-enchiladas)



**AMAZING  
LOVING  
STRONG  
HAPPY  
SELFLESS  
CREATIVE**

## 10 Little-Known Facts About Cinco de Mayo

1. **Cinco de Mayo is not a celebration of Mexico's Independence** (which is actually September 16th), but rather a celebration of Mexico's victory in the battle at Puebla on May 5th, 1862. It was an unlikely win for the Mexican militia, who were heavily outnumbered by the French.
2. **Mexico won the battle, but not the war.** Although the Mexican Army won the battle at Puebla, the French went on to win the war, occupying the region for five years.
3. **For Napoleon III, the leader of France, the battle at Puebla** was an attempt at spreading his empire and conquering a key Mexican access point to the U.S., where he intended to lend support to the confederate army during the Civil War to keep the U.S. divided and less powerful.
4. **Abraham Lincoln sympathized with the Mexican cause** during the French occupation but was unable to lend direct support to the nation due to the U.S. Civil War. When the Civil War ended, the U.S. forced France to withdraw its troops from Mexico and their empire collapsed.
5. **Cinco de Mayo is not a federal holiday in Mexico.** In Puebla and Veracruz, however, Cinco de Mayo is a very important state holiday celebrated with parades, festivals, and reenactments.
6. **Cinco de Mayo became a popular holiday in the U.S.** after President Franklin Roosevelt enacted the "Good Neighbor Policy" in 1933 to improve relations with Latin American countries.
7. **Americans consume up to 81 million lbs. of avocados** on Cinco de Mayo every year! (*California Avocado Commission*)
8. **The world's largest Cinco de Mayo party is held in Los Angeles.** Other cities that throw big celebrations are Denver, New York, Phoenix, and Houston.
9. **Chandler, AZ celebrates Cinco de Mayo with a Chihuahua race.** Even Vancouver, B.C. in Canada celebrates, marking the day with a "skydiving boogie" that consists of aerial acrobatics and an air show.
10. **The U.S. consumes twice as much Tequila as Mexico**, where the spirit originated, according to *The Daily Meal*.



[www.margs.com/10-things-about-cinco-de-mayo](http://www.margs.com/10-things-about-cinco-de-mayo)