

Guatemalan Enchiladas -*Enchiladas Guatemaltecas*



You've probably heard of enchiladas before, but you might be thinking about a rolled tortilla filled with chicken, or beef, topped with melted cheese and sauce, which is more like a Mexican enchilada. These enchiladas -Guatemalan enchiladas- are made by topping a fried or toasted tortilla (called a *Tostada*) with lettuce, beets, onions, tomato sauce, fresh parsley, an egg slice... and the last touch, a sprinkling of dried Guatemalan cheese (*Queso Seco*). Parmesan cheese can also work. Sometimes people also add ground beef or chili spice. ~A fun and colorful way to eat your veggies!

Ingredients for 25 Enchiladas:

25 *tostadas*
2-3 lbs fresh lettuce
6-8 red beets
6 boiled eggs
4 dill pickles (optional)
2 sliced onions (optional)

1 large bunch of fresh parsley
pepper, salt
Queso Seco (dry cheese)

Sauce:

3 diced onions
5 diced tomatoes

Preparations:

- 1) Wash and grate beets.
- 2) Boil eggs, then peel from shell. When cooled, slice.
- 3) Slice 4 dill pickles and 2 onions.
- 4) Finely chop one bunch of parsley.
- 5) For the sauce, chop tomatoes and onions. Saute onion until tender, then add tomato. Cook until tender. Mash or blend with salt and pepper.
- 6) Lay out *tostadas* on plates

Arrange:

On each tortilla place in layers 1) lettuce 2) beets 3) 1 tbsp tomato sauce 4) boiled egg slice 5) onion slice 6) chopped parsley 7) dry cheese 8) 1 tbsp tomato sauce 8) cayenne pepper for additional spice

Buen Provecho!

