



## at the foot of the cross

*A Lenten journey from Family Rosary*

As you and your family journey through Lent, we offer a few recipes to help you abstain from meat. May the sacrifice of meatless meals, guide your family to grow in holiness together.

## Freezer Cheese Enchiladas

### Instructions:

Vegetable oil for frying

2 dozen corn tortillas

28-ounce can red enchilada sauce

4 cups grated jack and/or cheddar cheeses

Sliced green onions, black olives, sour cream, avocado

—whatever you like atop your enchiladas

*\*Double or triple ingredients as needed*

### Directions:

Grease two 9×13-inch baking dishes. Preheat the oven to 350F. In a small fry pan, heat 1 inch of frying oil. Soften the tortillas in the oil and drain on paper towels.

Spread a small amount of sauce across the bottom of each baking dish. Reserve 1 cup of cheese for topping. Place a small handful of cheese down the center of each tortilla, roll and place seam side down in greased baking dish. Pour the sauce over the tops of rolled tortillas.

Sprinkle the remaining cheese over top. Bake in 350F oven until heated through and cheese is melted.

(If freezing, wrap, label and freeze prior to baking. To serve, defrost completely and bake.)

#### *Note from the contributor, Barbara Stein:*

*It only makes sense that if you're going to the trouble of cooking a homemade meal—even one as easy as Cheese Enchiladas—you should go ahead and double or triple it and stash some away for a rainy day (or a day with multiple lessons and practices, or just one when you can't fathom mustering up the energy to cook). You're dirtying dishes now—don't dirty them another night as well. And while you're grocery shopping pick up some aluminum pans to make clean up super easy.*

