Cheesy Enchiladas

Ingredients

- Cooking spray or butter.
- 1 small onion.
- 2 cups pre-cooked chicken, steak, or other preferred protein.
- 3 cups shredded cheddar cheese.
- 1 cup sour cream.
- 8 eight-inch flour tortillas.
- 2 large tomatoes.
- Can or jar of enchilada sauce.

Directions

1. Preheat oven to 350 °F.
2. Lightly grease a 9 x 13-inch baking dish with cooking spray or butter.
3. Cut onion and tomatoes into small pieces.
4. In a medium bowl, mix together the chicken or steak, onion, one cup of cheddar cheese, and 1 1/4-cup of sour cream.
5. Spoon the mixture evenly into eight tortillas. Roll the tortillas and place seam side down in a single layer in the baking dish. Set aside.
6. In a saucepan over low heat, melt together two cups of cheddar cheese, 1/4-cup of sour cream, and the enchilada sauce. Stir until well combined.
7. Pour mixture over the rolled tortillas.
8. Sprinkle the tomatoes on top.
9. Bake in oven for 20 to 30 minutes, or until hot and bubbly.

Materials

- 9 x 13-inch baking dish.
- Medium saucepan.
- Medium bowl.
- Cutting board.
- Sharp knife.
- Spoon.
- 1-cup measuring cup.
- 1/4-cup measuring cup.

Math Tips

⭐ “Count out one piece of tomato. Now, count out two more pieces of tomato. How many do you have all together?”

⭐ Have your child count out eight tortillas from the package. After your child counts, ask, “How many tortillas are we using?”

⭐ “How many spoonfuls of filling do you need to fill each tortilla?” Count to find out!

⭐ Count each tomato piece as you place them on top of the enchiladas.

Extra Challenge:

Practice subtraction! “If we are using three cups of cheese and we mix one cup of cheese into the bowl, how many cups will we have left?”