

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.

Materials

- **9** x **13**-inch baking dish.
- Medium saucepan.
- Medium bowl.
- Cutting board.
- Sharp knife.
- Spoon.
- **1**-cup measuring cup.
- $\frac{1}{4}$ -cup measuring cup.

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 $\frac{3}{4}$ -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, $\frac{1}{4}$ -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.

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?”

Adapted from:
<https://www.allrecipes.com/recipe/15604/mild-cheesy-chicken-enchiladas/>