

Microwave Enchiladas

Serves 1

Ingredients

4 corn tortillas
1 cup red chile
1 cup beans (See Beans recipe—or pick up a side order of beans from your favorite local restaurant!)
1¼ cup shredded cheese
⅓ cup finely chopped onions
Cooking spray

Equipment

Cutting board
Knife
Bowls
Small microwave-safe plate
Microwave safe dish with 2 inch rim
Microwave



Microwaves!

They're not just for TV dinners anymore. Microwaves are a great way to cook from scratch if you don't have access to a stove, don't feel safe with exposed heating elements, or don't feel like washing pots and pans. Of course, as with any cooking method, cooking with a microwave requires an understanding of microwave power, cook times of ingredients, and microwave-safe cookware, but there are plenty of resources and recipes on the internet with those factors in mind.

Method

Prepare the tortillas: spray each corn tortilla with the cooking spray. Place one tortilla on a microwave-safe plate, cover with a paper towel, and microwave the tortilla for 30–40 seconds, depending on the power setting. The tortilla should be a bit cooked and pliable, but not too soft or too crispy. Repeat with remaining tortillas, and set them aside, wrapped in a cloth or under the paper towel.

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Heat up the red chile, and pour $\frac{1}{4}$ cup onto a plate. Pour another $\frac{1}{4}$ cup of the red chile into a small microwave-safe dish that has a rim of about 2 inches. Take one of the tortillas and place it on the plate with the red chile sauce. Pour a spoon of the remaining chile on top of the tortilla, so both sides are completely coated. Place the coated tortilla in the microwave-safe dish. Pour another spoonful of the chile on top. Place $\frac{1}{4}$ cup beans on tortilla, and spread evenly. Scatter $\frac{1}{4}$ cup shredded cheese over the beans evenly, and top with a quarter of the diced onions. Repeat this process with the remaining tortillas, stacking each layer over the previous, like a lasagna.



Top the dish with any remaining chile, beans, and any extra cheese. Place the dish in the microwave and cook for 6 to 7 minutes. You should be able to start smelling the enchiladas after 4 to 5 minutes. You'll know it's ready when the top layer of cheese is bubbling. Top with any remaining onions and serve with your favorite sides (or just more red chile).