

Sunrise Sausage Enchiladas

Meal course: Breakfast

Meal type: Meat

Country of Origin: Mexico

Difficulty: Easy

Servings: 10

Total time: 40 minutes + few hours in the fridge

Ingredients

1/4 teaspoon cayenne pepper
 2 cans (280 g each) green enchilada sauce
 450 g bulk pork sausage
 10 flour tortillas
 2 tablespoons canola oil
 160 g cheddar cheese, shredded and divided
 560 g frozen shredded hash brown potatoes, thawed
 1 can (120 g) green chiles, chopped
 1/2 teaspoon salt
 1/4 teaspoon pepper
 1/2 teaspoon chili powder

Optional toppings:

Red onion, chopped
 Sweet red pepper, chopped
 Fresh cilantro, chopped

Nutrition Facts

	Amount per serving
Calories	350
Total Fat	15.9g
Saturated Fat	5g
Cholesterol	46 mg
Sodium	1041 mg
Total Carbohydrate	39 g
Dietary fibre	4 g
Total Sugars	4 g
Protein	12 g
Vitamin D	11 IU
Calcium	176 mg
Iron	2.61 mg
Potassium	723 mg

Instructions

1. Cook and crumble sausage in a large skillet over medium heat for about 5 to 7 minutes, until no longer pink.
2. Remove to a plate and discard the pan drippings, if any.
3. Heat oil in the same pan and sauté potatoes for 8 to 10 minutes, until lightly browned.
4. Remove from heat and stir in chiles, sausage, cheese, and seasonings.
5. Place about half cup of filling on each tortilla, roll up and place in greased baking dish seam side down. Top with sauce.
6. Refrigerate overnight, or at least for a few hours, covered.
7. Take out from refrigerator and bake in a preheated oven at 180 °C, for half an hour.
8. Sprinkle with the leftover cheese and continue baking for 10 to 15 minutes. Serve with your favourite toppings.

Notes: this is a great option for meal prepping. You can prepare the dish ahead, refrigerate and bake when you want. The recipe is loaded with vitamins. You can also add more veggies of choice.