Pulled Pork Enchiladas



Using leftover Pork Carnitas (Mexican Pulled Pork) or other shredded meat, it takes a mere 15 minutes to assemble this dish to pop into the oven, making this a sensational mid week meal! Note that the Pork Carnitas used in this recipe is already seasoned and flavoured so if you substitute with an unseasoned meat then please refer to the notes for seasonings to add to the filling mixture.

★★★★★
5 from 50 votes

Prep Time	Cook Time	Total Time
15 mins	25 mins	40 mins

Course: Baked, Fast Cuisine: Mexican Servings: 4 Calories: 788cal
Author: Nagi | RecipeTin Eats

Ingredients

- 2 cups (packed) Pork Carnitas (Mexican Pulled Pork) or other shredded meat (see notes)
- 1 tbsp olive oil
- 1 cup tinned black beans or red kidney beans , drained
- 1 can (15oz / 400g) corn kernels , drained
- 2 cups shredded cheese (any good melting cheese)
- 8 tortillas
- 3 cups (750ml / 25oz) Enchilada Sauce (homemade or store bought)

Instructions

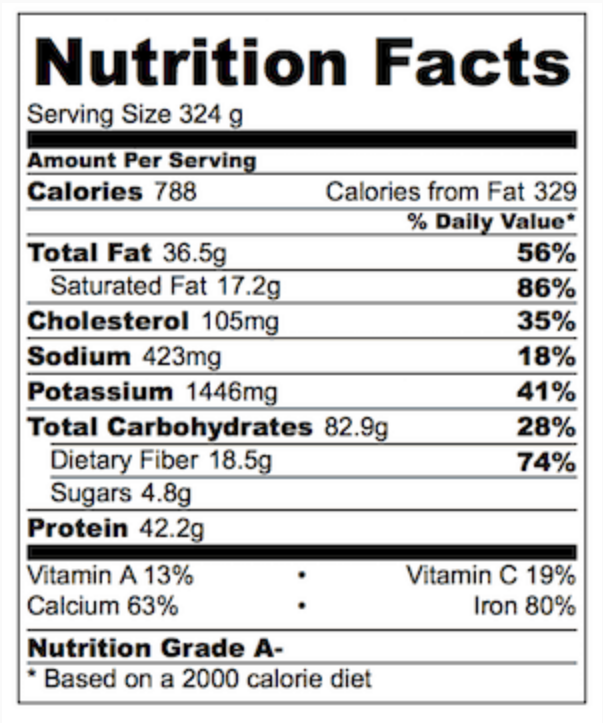
1. Preheat oven to 350F/180C.
2. Heat 1 tbsp olive oil in a pan over high heat. Add the pork carnitas and cook until the bottom is nicely browned - about 1 1/2 minutes. Do not turn, just make the bottom crispy (to keep the pulled pork as moist as possible), then remove the pulled pork into a bowl. It does not matter if the top isn't heated through, it will heat in the oven.
3. Add the corn, black beans, 1/2 cup enchilada sauce and 1/2 cup cheese into the bowl and mix to combine.
4. Spread 1/2 cup of Enchilada Sauce on the bottom of the baking dish.
5. Place 1/2 packed cup of filling (from step 3) into a tortilla and roll up and place in the baking dish.
6. Pour over the remaining Enchilada Sauce, and bake for 10 minutes.

7. Remove from oven and scatter the cheese on, then bake for a further 10 to 15 minutes until the cheese is bubbling and golden.
8. Let stand for 5 minutes before serving.

Notes

1. If you are substituting the Pork Carnitas with another meat that is not seasoned, add 1 tsp salt (check for seasoning by tasting it), black pepper, 1 tsp cumin, 1/2 tsp paprika, 1/2 tsp onion powder and 1/2 tsp garlic powder to the Enchilada filling mix.

2. Pulled Pork Enchiladas nutrition per serving. 228 calories is attributable to the shredded cheese, so you can significantly reduce the calories by using less cheese and/or using light cheese.



Nutrition Facts

Serving Size 324 g

Amount Per Serving	
Calories 788	Calories from Fat 329
	% Daily Value*
Total Fat 36.5g	**56%**
Saturated Fat 17.2g	**86%**
Cholesterol 105mg	**35%**
Sodium 423mg	**18%**
Potassium 1446mg	**41%**
Total Carbohydrates 82.9g	**28%**
Dietary Fiber 18.5g	**74%**
Sugars 4.8g	
Protein 42.2g	

Vitamin A 13% • Vitamin C 19%
Calcium 63% • Iron 80%

Nutrition Grade A-

* Based on a 2000 calorie diet

Nutrition

Serving: 324g | Calories: 788cal | Carbohydrates: 82.9g | Protein: 42.2g | Fat: 36.5g | Saturated Fat: 17.2g | Cholesterol: 105mg | Sodium: 423mg | Potassium: 1446mg | Fiber: 18.5g | Sugar: 4.8g | Vitamin A: 650IU | Vitamin C: 15.7mg | Calcium: 630mg | Iron: 14.4mg

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