This worked on a system running Windows 7 Home Premium (SP1) 32-bit, from a user account that is an Administrator.

1. Download Java version 6 from java.com/en/download/manual_v6.jsp.
2. Make sure any newer versions of Java are uninstalled and then install Java 6.
3. Download Enchilada with Express from www.cs.carleton.edu/enchilada/.
4. Install Enchilada by double clicking the installer and telling Windows to allow the installer to make changes.
5. License Agreement: Click AGREE.
6. Installation Options: Keep the defaults and click NEXT.
7. Installation Folder: Keep the defaults and click INSTALL.
8. Setup Report Rules. All must pass. If "Restart Computer" fails, quit the installation, restart the computer, and start again from step 4. Once they all pass, click OK.
9. Product Key: Click NEXT.
10. License Terms: Check "I Accept…" and click NEXT.
11. Setup Support Files: Click INSTALL.
12. Setup Support Rules: All must pass. Click NEXT.
13. Feature Selection: Select all, then click NEXT.
14. Instance Configuration: The default is a "named instance" which is right. Click NEXT.
15. Disk Space Requirements: Ensure that you have enough space and click NEXT.
16. Server Configuration:
    a. Under the Service Accounts Tab, click "Use the Same Account for All SQL Server Instances."
    b. From the "Account Name" pulldown, select NT AUTHORITY\SYSTEM
    c. Leave the password blank.
    d. Set "Startup Type" to Automatic
    e. Click NEXT.
17. Database Engine Configuration:
    a. Select "Mixed Mode."
    b. Set a password. I use "passw0rd" and it is happy.
    c. Click "Add Current User."
    d. Click NEXT.
18. Error and Usage Reporting: Click NEXT.
19. Installation Rules: All should pass or be skipped. Click NEXT.
20. Ready to Install: Click INSTALL. Wait, as this is the slow step.
21. Process Complete: Click NEXT.
22. When it says "Complete," click CLOSE.
23. The installer will now finish its work.
24. A popup will appear that gives the following instructions:
    a. Go to Start | Programs
    b. Choose Microsoft SQL Server 2008
    c. Choose Configuration Tools
    d. Choose SQL Server Configuration Manager
    e. Click on "Network Configuration" in the left tree.
    f. Click on "Protocols" in the left tree.

g. Right click on "TCP/IP" in the right side of the window and choose "Properties."

h. Choose the "IP Addresses" tab.

i. Scroll to the very bottom and in the "IP ALL" section, replace the number next to "TCP Dynamic Ports" to 1433.

j. Click OK and quit the Configuration Manager.

25. Restart the computer at least once.

26. Open Enchilada. Wait, it takes longer than many programs to launch. It should show the computer is busy while it is starting, so if it doesn't, something is wrong.

27. When prompted to create a database upon first opening Enchilada, click YES.

28. It works!