

Enchilada Casserole



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Make a hearty, healthy Mexican casserole the whole family will enjoy. Substitute ground turkey and chicken broth instead of beef, if desired.

Ingredients

1 lb. ground sirloin
1 cup chopped onion
1 tablespoon butter
1 tablespoon minced garlic
1 $\frac{1}{2}$ tablespoons all-purpose flour
1 cup fat-free, lower-sodium beef broth
1 tablespoon 40%-less-sodium taco seasoning mix (such as Old El Paso)
1 (8-ounce) can no-salt-added tomato sauce
4 (8-inch) whole-wheat flour tortillas
 $\frac{1}{3}$ cup (1 $\frac{1}{2}$ ounces) shredded Monterey Jack cheese with jalapeño peppers

Method

1. Heat a large nonstick skillet over medium-high heat. Add beef and onion to pan; cook 6 minutes, stirring to crumble.
2. Preheat oven to 400°.
3. Melt butter in a medium saucepan over medium-high heat. Add garlic; sauté 1 minute. Sprinkle with flour; cook 30 seconds, stirring constantly. Add broth, taco seasoning, and tomato

sauce to pan. Bring to a boil; cook 2 minutes, stirring occasionally. Add 1 1/2 cups tomato mixture to beef mixture; reserve 1/2 cup tomato mixture.

4. Place 1 tortilla in a 9-inch pie plate. Top with 1 cup beef mixture. Repeat layers, ending with tortilla. Spread reserved tomato mixture over tortilla. Top with cheese. Bake at 400° for 10 minutes or until cheese melts. Cool slightly. Cut into 4 wedges.

Prep

- Cook: 30 Minutes

Source: MyRecipes.com (4 servings)