

ENCHILADA BAKE

Yield: 8 servings



NUTRITIONAL INFORMATION PER SERVING

- * Calories: 253
- * Cholesterol: 37 mg
- * Sodium: 400 mg
- * Fiber: 5 g
- * Protein: 14 g
- * Carbohydrates: 21 g
- * Total Fat: 13 g
- * Trans Fats: 0

SAUCE INGREDIENTS

- * 1 Tb plus 2 tsp butter or margarine
- * 1 Tb plus 2 tsp flour
- * 1 tsp chili powder
- * 1 tsp salt
- * 1 tsp cumin
- * 1 tsp garlic powder
- * 2/3 cup tomato paste
- * 1 1/2 cups water

SAUCE DIRECTIONS

- * Melt butter in saucepan.
- * Turn off heat and add spices and flour. Stir until well combined.
- * Add water and tomato paste, stir and heat on low until it is the consistency of heavy cream.
- * Set aside.

INGREDIENTS

- * 12 corn tortillas
- * 3 cups shredded cheddar cheese
- * Sauce (see below)
- * Filling (see below)

DIRECTIONS

- * Spread 3/4 cup sauce in bottom of 9 X 13" pan.
- * Lay 4 tortillas on top of sauce.
- * Spread half of the filling mixture on tortillas (can drop in dollops if it won't spread).
- * Sprinkle 1 cup cheese on filling.
- * Lay 4 tortillas on top of sauce.
- * Spread half of the filling mixture on tortillas.
- * Sprinkle 1 cup cheese on filling.
- * Lay 4 tortillas on top of sauce.
- * Pour remaining sauce on tortillas to cover the entire top.
- * Top with remaining 1 cup cheese.
- * Bake covered at 350°F for approximately 30 minutes.
- * Uncover and bake for an additional 20-30 minutes until temperature reaches 155°F.
- * Serve with sour cream (optional).

FILLING INGREDIENTS

- * 8 oz. ground beef
- * 1 can (approx. 15 oz) pinto beans, undrained
- * 1/4 cup onion, diced
- * 1/2 tsp beef base
- * 1 1/4 tsp chili powder
- * 1/2 tsp salt
- * 1/2 tsp cumin
- * 1/2 tsp cayenne pepper

FILLING DIRECTIONS

- * Brown ground beef and onions in skillet, drain.
- * Add spices and beef base. Mix completely.
- * Add undrained pinto beans, heat and stir until mixture is slightly thickened. The beans should start breaking up so that there is a smoother consistency.
- * Set aside.

REAL
choices

Recipe courtesy of
Saint Paul Public Schools Nutrition Services