

Enchilada Casserole

8 SERVINGS 30 MINUTES



INGREDIENTS

2 tps Extra Virgin Olive Oil
1 lb Extra Lean Ground Beef
1 cup Salsa
1 cup Enchilada Sauce
4 Whole Wheat Tortilla (large)
2 cups Frozen Corn
5 ozs Cheddar Cheese (shredded)

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Grease a baking dish with the oil.
- 02 Heat a large pan over medium-high heat. Cook the beef, breaking it up as it cooks, until no longer pink. Drain any excess liquid then stir in the salsa and enchilada sauce. Set aside.
- 03 Line the baking dish with half the tortillas, then layer half the beef mixture, half the corn, and half the cheese otop. Repeat the layers with the remaining ingredients. Bake for 25 minutes.
- 04 Cut into slices and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one square when making eight servings in a 13 x 9-inch baking dish.

GLUTEN-FREE

Use gluten-free tortillas.

DAIRY-FREE

Use vegan cheese.

MORE FLAVOR

Add garlic and onions when cooking the beef.

ADDITIONAL TOPPINGS

Top with sliced green onions, greek yogurt, cilantro, or sliced avocado.