



Enchilada Casser-Ole!

Ingredients

1/2 Kg lean ground beef (90% lean)
1 large onion, chopped
2 large tomatoes chopped
2 cups salsa
1 can (15 ounces) black beans, rinsed and drained
1 cup corn
2 to 4 tablespoons (depending on the strenght) taco seasoning
1/4 teaspoon ground cumin
6 flour tortillas (8 inches)
3/4 cup sour cream
1 cup shredded Mexican cheese blend
1 cup shredded lettuce
1 medium tomato, chopped (For topping)
1/4 cup minced fresh cilantro

Method

Place ground beef in a deep bowl and while stirring pour boiling water over it to cover. Let stand a few minutes, until beef changes color, take beef away from water, drain and let cool.

In a large skillet, cook onion and chopped tomatoes over medium heat. Stir in the beef, salsa, beans, taco seasoning and cumin. Simmer for 10 minutes, remove from heat and let it cool.

Place 3 tortillas in an 11x7-in. baking dish coated with cooking spray. Layer with half of the meat mixture, sour cream and cheese. Repeat layers.

Cover and bake at 400° for 25 minutes. Uncover; bake until heated through, 5-10 minutes longer. Let stand for 5 minutes; top with lettuce, tomato and cilantro.