



Enchilada Casser-Ole!

Ingredients

- 1 pound lean ground beef (90% lean)
- 1 large onion, chopped
- 2 cups salsa
- 1 can (15 ounces) black beans, rinsed and drained
- 1/4 cup reduced-fat Italian salad dressing
- 2 tablespoons reduced-sodium taco seasoning
- 1/4 teaspoon ground cumin
- 6 flour tortillas (8 inches)
- 3/4 cup reduced-fat sour cream
- 1 cup shredded reduced-fat Mexican cheese blend
- 1 cup shredded lettuce
- 1 medium tomato, chopped
- 1/4 cup minced fresh cilantro

Method

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the salsa, beans, dressing, taco seasoning and cumin. 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.