

Beef Enchilada Casserole

- 1lb. 95% Lean Ground Beef
- TBS. Southwestern Seasoning Mix
- 1/4 tsp. Salt
- 1 Can Enchilada Sauce
- 3/4 cup Water
- 1/2 Cup Medium Thick and Chunky Salsa
- 12 Yellow Corn Tortillas
- 1/4 cup Snipped Fresh Cilantro, divided
- 1 cup Shredded Colby & Monterey Jack Cheese Blend, Divided
- Sour Cream and Lime Wedges (optional)

Combine beef, seasoning mix and salt in 10-in. skillet; cook over medium-high heat 8-10 minutes or until beef is no longer pink, breaking beef into crumbles. Add enchilada sauce, water and salsa to skillet. Bring to a simmer and remove from heat. As beef mixture cooks, place tortillas in a stack and cut into 1-in. pieces. Snip cilantro using kitchen shears. Arrange half of the tortillas evenly over bottom of deep dish glass bowl; top with half of the beef mixture and half of the cheese. Sprinkle 2 TBS. of the cilantro over cheese. Top with remaining tortillas, beef mixture and cheese. Microwave on HIGH 3-5 minutes or until cheese is melted or preheat oven to 325 degrees and cook for 30 minutes or until bubbly. Garnish with remaining 2 TBS. cilantro. Serve with sour cream and lime wedges, if desired.

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
	Total Fat 6g		9%	Total Carbohydrate 16g
Saturated Fat 3g		15%	Dietary Fiber 2g	8%
Trans Fat 0g			Sugars 2g	
Cholesterol 30mg		10%	Protein 13g	
Sodium 470mg		20%		
Vitamin A 10% • Vitamin C 2%			Calcium 10% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Good Earth • Good Food • Good Life