

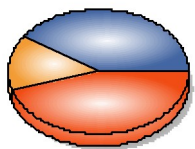


Enchilada Casserole

Comment: Modified from Cooking Light by DrJez LLC

Recipe grams: 1321.58g/46.6oz

Serves 4 330.39g/11.7oz per serving



Protein: 40%
Carbohydrates: 15%
Fat: 45%

INGREDIENTS

1 lb BEEF, GROUND, EXTRA LEAN, RAW
1 cup ONION, RAW, CHOPPED
1 tbsp BUTTER, UNSALTED
1 tbsp GARLIC, RAW
1 tbsp WHEAT FLOUR, WHITE, ALL PURPOSE
1 cup BROTH, BEEF
1 tbsp TACO SEASONING MIX, LOWER SODIUM, 40% LESS SALT
8 oz TOMATO SAUCE, CANNED
4 tortilla TORTILLA, LOW CARB
2 oz CHEESE, MEXICAN, BLEND, REDUCED FAT

DIRECTIONS

1. Heat a large nonstick skillet over medium-high heat. Add beef and onion to pan; cook 6 minutes, stirring to crumble.
 2. Preheat oven to 400°.
 3. Melt butter in a medium saucepan over medium-high heat. Add garlic; sauté 1 minute. Sprinkle with flour; cook 30 seconds, stirring constantly. Add broth, taco seasoning, and tomato sauce to pan. Bring to a boil; cook 2 minutes, stirring occasionally. Add 1 1/2 cups tomato mixture to beef mixture; reserve 1/2 cup tomato mixture.
 4. Place 1 tortilla in a 9-inch pie plate. Top with 1 cup beef mixture. Repeat layers, ending with tortilla. Spread reserved tomato mixture over tortilla. Top with cheese. Bake at 400° for 10 minutes or until cheese melts. Cool slightly. Cut into 4 wedges.
- Serve with tomato, corn and black bean salsa

Nutrition Facts

Serving Size: 1 serving (330.4g)

Servings: 1

Amount Per Serving

Calories 360

Calories from Fat 160

% Daily Value*

Total Fat 17g **27%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 80mg **26%**

Sodium 1020mg **43%**

Total Carbohydrate 18g **6%**

Dietary Fiber 6g **23%**

Sugars 4g

Protein 35g

Vitamin A 8%

• Vitamin C 15%

Calcium 20%

• Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.