NOURISHING YOU - Tex-Mex Lasagna

Introduction by Ben Taylor
Serves 8

Looking for a new way to dress up tacos? Try this hearty recipe that uses many of the same ingredients as a typical taco night. The layers give it a bit more texture and you can top each serving with avocado, or more salsa and sour cream. With this quick meal, you’ll have dinner on the table in less than 30 minutes!

Ingredients

- 1½ lbs ground beef
- 1 tsp chopped garlic
- 1 can (15 oz) black beans, drained and rinsed
- 2 cups shredded sharp cheddar cheese
- 2 tbsp chili powder
- ½ tsp ground cumin
- 1 jar (16 oz) salsa
- 1 can (10 oz) diced tomatoes with green chilis, drained
- 1 container (8 oz) sour cream
- 6 (10-inch) flour tortillas
Instructions

1. Heat oven to 425°F. Spray 3-quart casserole with cooking spray.
2. In 12-inch nonstick skillet, cook beef and garlic over medium-high heat for 5-7 minutes, stirring occasionally, until beef is thoroughly cooked, then drain.
3. In a large bowl, stir together beef, beans, 1 cup of cheese, chili powder, cumin, salsa, tomatoes and sour cream.
4. Place two tortillas in the bottom of casserole dish. Spoon one-third of beef mixture over tortillas. Repeat layers twice. Sprinkle with remaining 1 cup of cheese.
5. Bake uncovered for 15 minutes or until bubbly and cheese is melted. Garnish with fresh cilantro leaves, if desired.

Nutrition information (serving size 1 cup): Calories 540 | Carbs 42 g | Fat 26 g | Protein 31 g

Recipe Source