Beef and Bean Enchilada Casserole

Description

Sometimes you just need a good comfort food recipe… a recipe that is easy-to-make… and a meal that every member of your family will eat without complaints. I've got one one those recipes for you: Beef and Bean Enchilada Casserole

This one is a simple one- rather than rolling the ingredients up into a corn tortilla, the ingredients are layered into the casserole dish instead.



Ingredients

- 1/2 lb ground beef
- 1/2 cup chopped SWEET onion
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 15 oz pinto beans drained and rinsed
- 4 oz green chilies
- 8 oz sour cream
- 2 tbsp flour
- 1/2 tsp garlic powder
- 8 6 inch corn tortillas

Instructions

(if serving right away):

Preheat the oven to 350 degrees F.

Spray a 9x13-inch pan or 2-quart baking dish with nonstick spray.

In a large skillet, cook the ground beef and onion together over medium heat until the beef is browned and the onion is tender.

Drain any fat, if needed.

Summary

Yield: 6
Source: Recipe Girl
Prep Time: 45 minutes
Category: Meats
Cuisine: American
Tags: new pdf

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Stir in the chili powder, cumin, beans, and chiles; set aside.

In a medium bowl, whisk together the sour cream, flour and garlic powder.

Place half of the tortillas in the bottom of the prepared dish, tearing them apart as needed to cover the bottom (overlapping is fine).

Top with half of the meat mixture, spoon half of the sour cream mixture on top of the meat, and drizzle 3/4 cup of the enchilada sauce on top of that.

Repeat the layers one more time.

At this point, you can cover the dish with plastic wrap and refrigerate up to 24 hours before baking.

To bake:

Remove plastic wrap, cover with foil and bake for 40 minutes.

Uncover, sprinkle with cheese and bake 5 minutes or so more, until the cheese is nice and bubbly.

Serve immediately.

Notes

*Suggestions for additional layers: corn, olives, feta cheese
*Change-it-Up: Sub canned chili beans for the pinto beans (undrained).