

Spicy Mexican Beef Bake

1 HR 30	8	350	27 G
MIN	SERVINGS	CAL	PROTEIN

 **Total Time: 1 hr 30 min**

Ingredients:

- ☐ 1-1/2 pounds Ground Beef (95% lean)
- ☐ 3 cans (10 ounces each) mild enchilada sauce, about 3-3/4 cups, divided
- ☐ 1 tablespoon packed brown sugar
- ☐ 1 can (15 ounces) black beans, rinsed, drained
- ☐ 3/4 cup chopped red bell pepper
- ☐ 1/3 cup diced celery
- ☐ 1/3 cup diced onion
- ☐ 1-1/2 teaspoons ground cumin
- ☐ 15 corn tortillas (6 to 7-inch diameter)
- ☐ 1 cup shredded reduced-fat Mexican cheese blend
- ☐ Reduced-fat dairy sour cream (optional)



Cooking:

- 1 Heat oven to 400°F. Combine enchilada sauce and brown sugar in large bowl, stirring until sugar is dissolved. Set aside.
- 2 Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Pour off drippings, if necessary.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.
- 3 Stir in 2-1/2 cups sauce mixture, beans, bell pepper, celery, onion and cumin; bring to a boil. Reduce heat; simmer 5 minutes, stirring occasionally.
- 4 Spray 13 x 9-inch glass baking dish with cooking spray. Spread half of remaining sauce mixture over bottom of baking dish. Arrange 5 tortillas over sauce in dish, overlapping slightly; top with 1/2 of beef

mixture and 1/4 cup cheese. Repeat layers once, using all remaining beef mixture, 5 tortillas and 1/4 cup cheese. Top with remaining 5 tortillas and sauce mixture, spreading sauce evenly to moisten tortillas. Reserve remaining 1/2 cup cheese.

- 5 Cover dish with foil. Bake in 400°F oven 30 to 35 minutes or until heated through and bubbly. Remove foil; sprinkle with reserved cheese. Bake, uncovered, 2 to 3 minutes or until cheese is melted. Let stand, uncovered, 10 minutes. Cut into 8 servings. Serve with sour cream, if desired.

Test Kitchen Tips

Use a potato masher to break up Ground Beef into small crumbles while browning.

