

Burrito Lasagna

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Servings: 12

Preparation Time: 35 minutes

Bake Time: 30 minutes

2 pounds ground beef

2 cans (10 oz) enchilada sauce

1 envelope taco seasoning mix

1 tablespoon ground cumin

1 package (8.8 oz) ready-to-serve Spanish rice

12 8-inch flour tortillas

1 can (15 oz) refried beans

4 cups (16 oz) Mexican cheese blend, shredded

Optional toppings: salsa, sliced avocado, shredded lettuce, taco sauce and/or sour cream

Preheat oven to 350 degrees.

In a large skillet, cook the beef over medium heat until no longer pink. Drain.

Stir in the enchilada sauce, taco seasoning and cumin. Heat through.

Heat the rice according to package directions.

Spread each tortilla with about two tablespoonfuls of the refried beans.

Spread one cup of the meat mixture into a greased 13x9-inch baking dish.

Layer with four tortillas and 1/3 of the rice, 1/3 of the remaining meat mixture and 1/3 of the cheese. Repeat the layers.

Top with the remaining tortillas, rice and meat mixture (dish will be full).

Cover and bake for 20 minutes.

Sprinkle with the remaining cheese.

Uncover and bake for 10 to 15 minutes longer or until the cheese is melted.

Let stand for 10 minutes before serving.

Serve with the topping of your choice.

Per Serving (excluding unknown items): 548 Calories; 30g Fat (49.3% calories from fat); 21g Protein; 48g Carbohydrate; 4g Dietary Fiber; 77mg Cholesterol; 723mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 5 Fat; 0 Other Carbohydrates.