

Mexican

Enchilada Lasagna

Taste of Home

Servings: 12

Preparation Time: 45 minutes

Bake Time: 30 minutes

1 1/2 pounds ground beef
1 medium onion, chopped
1 garlic clove, minced
1 can (14.5 oz) stewed tomatoes, undrained
1 can (10 oz) enchilada sauce
1 teaspoon ground cumin
1 egg, beaten
1 1/2 cups 4% cottage cheese
3 cups Mexican cheese blend, shredded
8 flour tortillas (8 in), cut in half
1 cup cheddar cheese, shredded

Pre-heat oven to 350 degrees.

In a large skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain.

Stir in the tomatoes, enchilada sauce and cumin. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes.

In a small bowl, combine egg and cottage cheese; set aside. Spread 1/3 of the meat sauce into a greased 13-in x 9-in baking dish. Layer with half of the cheese blend, tortillas, cottage cheese mixture and remaining meat sauce. Repeat layers. Sprinkle with cheddar cheese.

Cover and bake for 20 minutes. Uncover; bake 10 minutes longer until bubbly. Let stand 15 minutes before cutting.

Per Serving (excluding unknown items): 254 Calories; 21g Fat (74.0% calories from fat); 13g Protein; 4g Carbohydrate; 1g Dietary Fiber; 82mg Cholesterol; 131mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 3 Fat.