

Mexican Casserole (Mexican Lasagna)

Paula Macri - Gattuso's Bella Cucina
Treasure Coast Newspaper

Servings: 6

1/2 cup chopped onion
2 cloves garlic, minced
1 tablespoon olive oil
1 pound lean ground beef
1 can (28 ounce) stewed tomatoes
2 packages taco seasoning mix
1 can chopped black olive
1 package (15 to 16 ounce) cheese-flavored tortilla chips, lightly crushed
1/2 pound mozzarella cheese, shredded
2 cups sour cream
1/2 cup Cheddar cheese, grated

Preheat the oven to 350 degrees.

Saute' the onion and garlic in oil. Add the ground beef and cook until brown. Drain off the fat.

Blend in the tomatoes, taco seasoning and olives. Simmer for 10 minutes.

Grease a 9x13-inch baking dish. Spread half of the crushed tortilla chips in the bottom of the baking dish. Add all of the meat mixture. Layer the mozzarella cheese. Add the sour cream on top. Add the remaining tortilla chips.

Bake, uncovered, about 30 to 40 minutes or until heated through.

Sprinkle with the Cheddar cheese and continue baking until the cheese melts.

Per Serving (excluding unknown items): 595 Calories; 46g Fat (70.8% calories from fat); 28g Protein; 15g Carbohydrate; 2g Dietary Fiber; 135mg Cholesterol; 1097mg Sodium. Exchanges: 3 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 7 1/2 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	595	Vitamin B6 (mg):	.3mg
% Calories from Fat:	70.8%	Vitamin B12 (mcg):	2.3mcg
% Calories from Carbohydrates:	10.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	18.8%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	46g	Folacin (mcg):	24mcg
Saturated Fat (g):	24g	Niacin (mg):	4mg
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	135mg	% Refuse:	0%
Carbohydrate (g):	15g		
Dietary Fiber (g):	2g	Food Exchanges	
Protein (g):	28g	Grain (Starch):	0
Sodium (mg):	1097mg	Lean Meat:	3 1/2
		Vegetable:	1

Potassium (mg): 471mg
Calcium (mg): 399mg
Iron (mg): 2mg
Zinc (mg): 4mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 2627IU
Vitamin A (r.e.): 472RE

Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 595 Calories from Fat: 421

% Daily Values*

Total Fat	46g	72%
	Saturated Fat 24g	122%
Cholesterol	135mg	45%
Sodium	1097mg	46%
Total Carbohydrates	15g	5%
	Dietary Fiber 2g	6%
Protein	28g	

Vitamin A	53%
Vitamin C	11%
Calcium	40%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.