

Mexican Tortilla Lasagna

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Servings: 12

Preparation Time: 20 minutes

Start to Finish Time: 1 hour

This recipe makes two 8-inch square dishes of lasagna. If one is to be frozen, cover the dish with plastic wrap. Then wrap tightly with nonstick foil. The dish may be frozen up to two months.

One to two days before serving the frozen lasagna, place the dish in the refrigerator to thaw.

After thawing, remove the foil and plastic wrap. Recover with the foil. Bake at 400 degrees for 50 minutes. Remove the foil and bake for 10 minutes more until heated through.

2 pounds lean ground beef
2 large (2 cups) poblano chile peppers, seeded and diced
3 tablespoons chili powder
2 cans (14.5 oz ea) fire roasted diced tomatoes with garlic
1 can (15 1/4 oz) corn kernels, drained
1 can (10 oz) mild enchilada sauce
1 cup cilantro, chopped
8 9-inch flour tortillas
8 ounces 2% Cheddar cheese, shredded

Preheat oven to 400 degrees.

Coat two 8-inch square baking dishes with cooking spray.

Place the beef and peppers in a deep 12-inch nonstick skillet. Cook over medium-high heat, breaking up chunks of meat with a wooden spoon. for 9 minutes or until the beef is browned and the peppers are crisp tender.

Stir in the chili powder. Cook for 1 minute.

Stir in the tomatoes, corn and enchilada sauce. Bring to a simmer. Remove from the heat and stir in the cilantro.

Line the bottom of each dish with one tortilla (it may come slightly up the sides of the dish). Top each tortilla with a rounded cup of the meat mixture and then 1/4 cup of the cheese. Repeat the layers three times.

Cover the dish(es) to be baked with nonstick foil. Bake for 20 minutes.

Uncover the lasagna and bake for 10 minutes more or until heated through. Remove from the oven.

Cool 5 minutes before cutting.

Per Serving (excluding unknown items): 379 Calories; 20g Fat (46.6% calories from fat); 19g Protein; 32g Carbohydrate; 3g Dietary Fiber; 57mg Cholesterol; 306mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 2 1/2 Fat.