

Beef

Sour Cream Chili Bake

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 6

1 pound ground beef
1 can (15 oz) pinto beans, drained
1 can (10 oz) hot enchilada sauce
1 can (8 oz) tomato sauce
1 cup (4 oz) sharp American cheese, shredded
1 tablespoon instant minced onion
1 pkg (6 oz) corn chips
1 cup sour cream
1/2 cup (2 oz) sharp American cheese, shredded

Preheat oven to 275 degrees.

In a skillet, brown ground beef; drain off fat. Stir in drained beans, enchilada sauce, tomato sauce, one cup shredded cheese and instant minced onion.

Set aside one cup of the corn chips; coarsely crush remaining chips. Stir crushed chips into the meat mixture. Turn into a 1 1/2 quart casserole. Bake, covered, for 30 minutes.

Spoon sour cream atop casserole; sprinkle with the 1/2 cup of cheese. Sprinkle reserved chips around edge of casserole. Bake, uncovered, 2 to 3 minutes.

Per Serving (excluding unknown items): 474 Calories; 31g Fat (58.0% calories from fat); 21g Protein; 29g Carbohydrate; 9g Dietary Fiber; 81mg Cholesterol; 364mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat.