

Beef

Southwest Frito Pie

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Servings: 6

Preparation Time: 20 minutes

Cook time: 25 minutes

2 pounds (90% lean) ground beef
3 tablespoons chili powder
2 tablespoons all-purpose flour
1 teaspoon salt
1 teaspoon garlic powder
2 cups water
1 can (15 oz) pinto beans (optional), rinsed and drained
4 1/2 cups corn chips
2 cups lettuce, shredded
1 1/2 cups (6 oz) cheddar cheese, shredded
3/4 cup tomatoes, chopped
6 tablespoons onion, finely chopped
sour cream (optional)
fresh cilantro (optional), minced

In a Dutch oven, cook the beef over medium heat until no longer pink. Drain.

Stir in the chili powder, flour, salt and garlic powder until blended.

Gradually stir in the water.

Add the pinto beans, if desired.

Bring to a boil. Reduce the heat and simmer, uncovered, for 12 to 15 minutes or until thickened, stirring occasionally.

To serve, divide the corn chips among six serving bowls.

Top with the beef mixture, lettuce, cheese, tomatoes and onion.

Garnish with the sour cream and cilantro, if desired.

Per Serving (excluding unknown items): 544 Calories; 40g Fat (65.7% calories from fat); 23g Protein; 24g Carbohydrate; 4g Dietary Fiber; 94mg Cholesterol; 815mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 6 1/2 Fat.