

Mexican Beef Casserole

Me J. O'Neal - Choudrant, LA

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Servings: 8

1 1/2 pounds lean ground round
2 tablespoons cooking oil
1 medium onion
1 cup fresh tomatoes, chopped
1/3 cup chili sauce
salt (to taste)
pepper (to taste)
12 corn tortillas, frozen, cut in quarters
1/2 cup red taco sauce
3 cups Monterey jack cheese
1 cup sour cream
1 bunch fresh spinach, chopped in a food processor

Preparation Time: 30 minutes

Bake Time: 30 minutes

Preheat the oven to 375 degrees.

In a large skillet, brown the beef in one tablespoon of cooking oil. Set aside. Pour off any fat.

Add the other tablespoon of oil. Lightly saute' the onion. Return the beef to the skillet. Add the tomatoes, chili sauce, salt and pepper.

Dip the tortillas in the taco sauce, covering both sides.

Cover the bottom of a three-quart casserole dish with half of the tortilla pieces. Spread the beef mixture over the tortillas. Sprinkle the beef with 1-1/2 cups of cheese. Layer the remaining tortilla pieces on the top. Spread with sour cream. Sprinkle on the spinach and top with the remaining cheese.

Bake covered at 375 degrees for 30 minutes. Uncover for the last 10 to 15 minutes, if you prefer.

Per Serving (excluding unknown items): 263 Calories; 22g Fat (75.7% calories from fat); 12g Protein; 4g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 250mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.