

# Enchilada Casserole



Total Time  
**30 Mins**

Yield  
**Serves 4 (serving size: 1 wedge)**



Vanessa Pruett | RECIPE BY COOKING LIGHT January 2012

Make a hearty, healthy Mexican casserole the whole family will enjoy. Substitute ground turkey and chicken broth instead of beef, if desired.

## Ingredients

1 pound ground sirloin

1 cup chopped onion

1 tablespoon butter

1 tablespoon minced garlic

1 1/2 tablespoons all-purpose flour

1 cup fat-free, lower-sodium beef broth

1 tablespoon 40%-less-sodium taco seasoning mix (such as Old El Paso)

1 (8-ounce) can no-salt-added tomato sauce

4 (8-inch) whole-wheat flour tortillas

1/3 cup (1 1/2 ounces) shredded Monterey Jack cheese with jalapeño peppers

## How to Make It

**Step 1** Heat a large nonstick skillet over medium-high heat. Add beef and onion to pan; cook 6 minutes, stirring to crumble.

**Step 2** Preheat oven to 400°.

**Step 3** Melt butter in a medium saucepan over medium-high heat. Add garlic; sauté 1 minute. Sprinkle with flour; cook 30 seconds, stirring constantly. Add broth, taco seasoning, and tomato sauce to pan. Bring to a boil; cook 2 minutes, stirring occasionally. Add 1 1/2 cups tomato mixture to beef mixture; reserve 1/2 cup tomato mixture.

**Step 4** Place 1 tortilla in a 9-inch pie plate. Top with 1 cup beef mixture. Repeat layers, ending with tortilla. Spread reserved tomato mixture over tortilla. Top with cheese. Bake at 400° for 10 minutes or until cheese melts. Cool slightly. Cut into 4 wedges.

## Nutritional Information

Calories 377, Fat 14.6g, Satisfat 7g,

52.84.133.175

Monofat 5.3g, Polyfat 1.6g, Protein 30.2g,  
Carbohydrate 32.4g, Fiber 4.7g,  
Cholesterol 76mg, Iron 2.5mg,  
Sodium 650mg, Calcium 91mg.