



A Recipe from the Wildwood Soup Kitchen

Wildwood, Florida

Name: Diane McCarthy
Recipe: Enchilada Casserole
Description: Southwestern Lasagna
No. Servings: 8

Ingredients:

1. 1 lb. lean ground beef
 2. 1 large yellow onion, chopped
 3. 2. Cups salsa
 4. 1 15-oz can of black beans, drained & rinsed
 5. ¼ cup reduced fat Italian salad dressing
 6. 2 tablespoons reduced sodium taco seasoning
 7. ¼ teaspoon ground cumin
 8. 6 8-inch flour tortillas
 9. ¾ cup reduced fat sour cream
 10. 1 cup (4 oz.) shredded reduced fat Mexican cheese blend
 11. 1 cup shredded lettuce
 12. 1 medium tomato, chopped
 13. ¼ cup minced fresh cilantro
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Preparation:

1. Heat oven to 400°. Coat a 3-qt baking dish with cooking spray.
2. In a large skillet over medium heat, sauté the beef and onion until the meat is no longer pink. Drain the meat, then stir in the salsa, beans, salad dressing, taco seasoning and cumin.
3. Arrange three tortillas in the prepared baking dish. Spread half of the meat mixture over the tortillas, then top with half each of the sour cream and cheese.



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4. Top with the three remaining tortillas, then repeat the layering with the remaining meat, sour cream and cheese.
5. Cover and bake for 25 minutes.
6. Uncover and bake for another 5-10 minutes, or until heated through.
7. Let stand for 5 minutes before topping with lettuce, tomato and cilantro.

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