**RECIPE FOR:** Enchilada Casserole

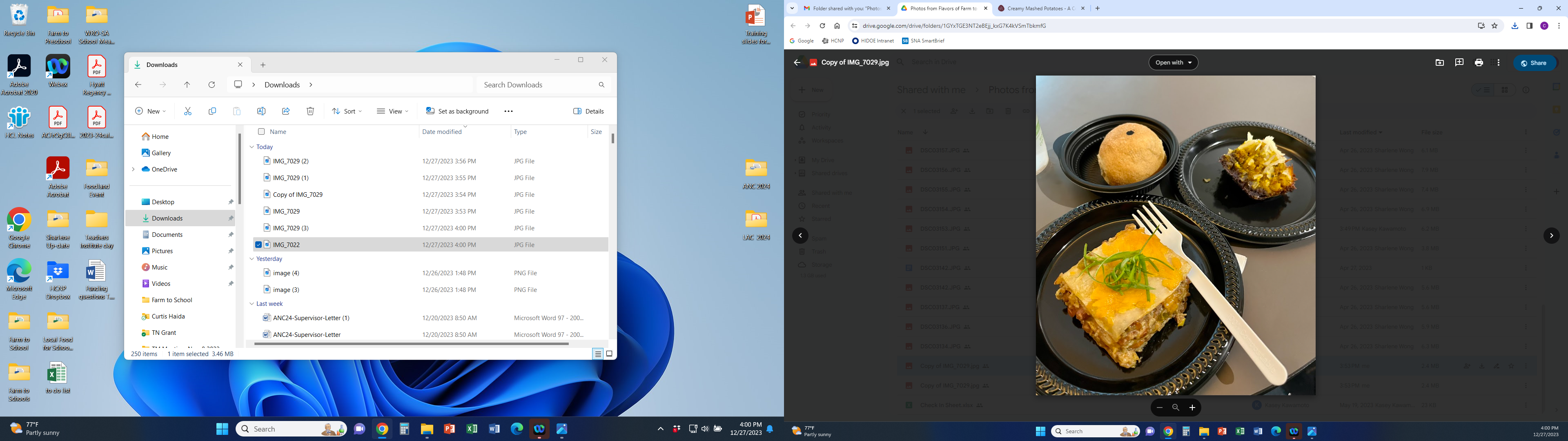
**Our Enchilada Casserole is a combination of**

**local raised cattle and produce. It features**

**beef, beans, cheddar cheese, fresh assorted**

**garden vegetables and aromatic spices**

**served with flour tortilla.**



Prep Time: 35 minutes Serving per Recipe: 12

Cooking Time: 50 minutes Serving Size: 6.00 oz.

**Amount Ingredient Preparation**

1 c. Carrot, medium wash, peel, remove root end, small dice

1 c. Green bell pepper wash, remove stem/seed, small dice

1 1/2 c. White onion, medium wash, peel, remove root end, small dice

1/2 c. Green onion wash, remove root end, chop

1/2 T. Garlic clove ready to use, fine chop

3/8 c. Cilantro with stem wash, dry, small chop

1 T. Lime juice ready to use

1 T. Canola oil ready to use, to cook ingredients

1 lb. Ground Beef (80/20) ready to use

3/4 c. Sour cream, fat free ready to use

1 3/4 t. Enchilada seasoning ready to use

1 3/8 c. Water ready to use

2 1/8 c. (13.00 oz.) Pinto beans ready to use, canned, undrain

2 3/4 c. (11.00 oz.) Cheddar cheese ready to use, grated

6 ea. 10” Wheat flour tortilla ready to use

**Procedures-**

1. Heat skillet pan at medium heat with oil and cook ground beef for 6 minutes. Then add garlic and continue cooking until garlic fragrance appears. Then add carrot, green bell pepper, and white onion. Continue the cooking process until beef and vegetables are cooked thoroughly.
2. Add the enchilada seasoning and water. Stir with a wooden spoon until well incorporated.
3. Turn heat for skillet pan down to low and add sour cream, beans, cilantro, green onion and lime juice. Simmer for another 5 minutes stirring occasionally and the internal temperature is 155 F/68 C for 15 seconds.
4. Turn heat off and set aside.
5. Pre-heat oven to 400 F/205 C. Now to assemble the casserole.
6. In a 13”x 9”x 2” oven baking pan (casserole) place 2 tortillas on the bottom of pan and fold edges of the tortillas up the side of the pan inward. Sprinkle 1/3 of the grated cheese evenly over the tortilla layer. Then add half of the vegetable/meat mixture over the cheese and spread evenly.
7. Repeat the layers described in set 6 by adding two tortillas, 1/3 of the grated cheese, and remaining vegetable/meat mixture.
8. Place the last 2 tortillas on top and remaining cheese in an even layer. Pre-cut into 12 serving portions and cover with foil.
9. Bake for approximately 45 minutes. Remove foil and continue baking for about 5 minutes until cheese is light brown and internal temperature is 155 F/68 C or higher for 15 seconds.

