



Burrito Pie

Recipe Source: www.allrecipes.com

Ingredients:

- 2 lbs extra lean ground beef or ground turkey
- 1 onion, chopped
- 2 tsp minced garlic
- 1 (2.25 oz) can sliced black olives, drained
- 1 (4.5 oz) can chopped green chilies
- 1 (10 oz) can diced tomatoes and green chilies, drained
- 1 (16 oz) can red enchilada sauce
- 2 (16 oz) cans reduced-sodium, low-fat refried beans
- 10-12 (8-inch) whole wheat flour tortillas
- 9 oz shredded Colby cheese

Steps:

- In a large saucepan over medium heat, sauté the ground beef or turkey for 5 minutes. Add the onion and garlic and sauté 5 more minutes, or until meat is cooked through. Drain excess fat.
- To meat mixture in saucepan, add the olives, green chilies, tomatoes, enchilada sauce, and refried beans. Stir thoroughly, reduce heat to low, and simmer 20-30 minutes.
- Preheat oven to 350°.
- Spray a 9x13 baking dish with cooking spray. Spread a thin layer of the meat mixture in baking dish. Cover with a layer of tortillas, followed by more of the meat mixture and a third of the cheese. Repeat tortilla, meat, cheese pattern two more times, ending with cheese.
- Bake in the preheated oven 20-30 minutes until cheese is slightly brown and bubbly.

Tips from the Test Kitchen: Choose tortillas made without any partially hydrogenated oils or shortening. Use low-fat cheese. Shredded, cooked chicken can be used instead of beef, and just add the chicken to the onions and garlic with the beans, etc. to simmer.

Nutritional Facts: per serving Calories: 412, Carbohydrates: 37 grams, Protein: 30 grams, Total Fat: 16 grams, Saturated Fat: 8 grams, Cholesterol: 67 mg, Sodium: 1155 mg, Fiber: 7 grams, Total Sugars: 4 grams.