

Keywords: Black Beans, Casseroles, Cheddar, Shredded, Chili Powder, Corn, Crushed Red Pepper, Cumin, Entrees, Flour Tortilla, Garlic, Green Chilis, Ground Beef, Main Dishes, Mexican, Oregano, Tomato Sauce, Vegetables Onions

Yield: 6 servings

Preparation Time: 30 min

Cooking Time: 15 min

Ingredients

1 lbs	Ground beef
1/2 each	onion, Chopped
15 oz	Tomato Sauce, Canned
15 oz	black beans, drained & Rinsed
8 3/4 oz	Can Whole Kernel Corn, Undrained or
1 cups	Corn, Frozen plus some water
4 1/4 oz	Green Chilies, Diced Canned
1 tsp	Chili Powder
1 tsp	Cumin
1 tsp	minced Garlic or Garlic Powder
1/2 tsp	oregano
1/2 tsp	Crushed Red Pepper (opt)
8 each	Flour Tortillas (8 ")
2 cups	shredded Cheddar Cheese (or Mexican Cheese Blend)

Procedure

1. Brown beef and onion in a large skillet on medium-high heat; drain. Add
2. tomato sauce, beans, corn and green chiles; mix well. Stir in all of the
3. spices except the red pepper. Bring to a boil. Reduce heat to low; simmer 5
4. minutes. Add red pepper to taste, if desired.
5. . Spread 1/2 cup of the beef mixture on bottom of 13x9 baking dish (sprayed
6. with non-stick cooking spray). Top with 3 of the tortillas, overlapping as
7. needed. Layer with 1/2 of the remaining beef mixture and 1/2 of the cheese.
8. Repeat with remaining tortillas, beef mixture and cheese.
9. . Bake in preheated 350° oven 15 minutes or until heated through. Let stand
10. minutes before serving.