

Beef

Enchilada Squares

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 6

1 pound ground beef
1/4 cup onion, chopped
4 eggs
1 can (8 oz) tomato sauce
1 can (5 1/3 oz) (2/3 cup) evaporated milk
1 env (1 1/2 oz) enchilada sauce mix
1/3 cup pitted ripe olives, sliced
2 cups corn chips
1 cup (4 oz) Cheddar cheese, shredded

Preheat oven to 350 degrees.

In a skillet, cook beef and onion until meat is brown and onion is tender. Drain off fat. Spread meat mixture in a 8-inch square casserole dish.

Beat together eggs, tomato sauce, evaporated milk and enchilada sauce mix; pour over meat. Sprinkle with olives; top with chips. Bake, uncovered, until set in center, 20 to 25 minutes. Sprinkle with cheese. Bake until cheese melts, 3 to 5 minutes.

Per Serving (excluding unknown items): 510 Calories; 38g Fat (67.1% calories from fat); 26g Protein; 16g Carbohydrate; 2g Dietary Fiber; 238mg Cholesterol; 649mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 5 1/2 Fat.