

Mexican Tortilla Bake

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 6

*1 pound ground beef
1 onion, chopped
1 clove garlic, minced
1/2 tablespoon shortening
2 cans (8 ounce ea) tomato sauce
1 1/2 cups water
1 to 2 tablespoons chili powder
1/2 teaspoon salt
9 tortillas
1/2 cup sour cream
2 cups shredded Monterey Jack cheese*

Preheat the oven to 350 degrees.

In a skillet, brown the meat, onion and garlic in the shortening. Drain off the excess fat.

Add the tomato sauce, water, chili powder and salt. Simmer for 20 minutes.

Spoon one-quarter of the meat mixture into a two-quart casserole dish. Spread the tortillas with sour cream and arrange three over the meat sauce. Sprinkle with one-half cup of cheese. Continue to layer the meat sauce, tortillas and cheese ending with meat sauce and cheese.

Bake for 45 minutes.

Per Serving (excluding unknown items): 813 Calories; 45g Fat (49.4% calories from fat); 33g Protein; 69g Carbohydrate; 5 Dietary Fiber; 106mg Cholesterol; 1467mg Sodium. Exchanges: Grain(Starch); 3 Lean Meat; 7 Vegetable; 0 Non-Fat Milk; 7