



Beef and Bean Tortilla Bake

READY IN



50 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 15 oz pinto beans rinsed drained canned
- 14.5 oz canned tomatoes undrained canned
- 1 lb ground beef 90% (at least)
- 3 8-inch flour tortilla cut in half, then cut crosswise into 1/2-inch-wide strips ()
- 3 oz sharp cheddar cheese shredded reduced-fat
- 1 oz taco seasoning old el paso®
- 0.7 cup water

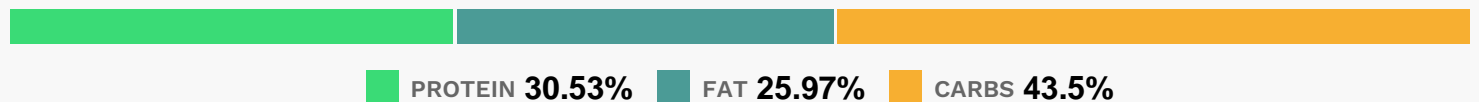
Equipment

- frying pan
- oven
- glass baking pan

Directions

- Heat oven to 350°F. In 12-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in black beans, pinto beans, tomatoes, taco seasoning mix and water. Cook 2 to 4 minutes, stirring occasionally, until heated through. Stir in 1/2 cup of the cheese.
- In 8-inch square (2-quart) glass baking dish, spread 2 cups of the beef mixture. Top with half of the tortilla strips. Spoon half of the remaining beef mixture over tortilla strips.
- Add remaining tortilla strips; top with remaining beef mixture.
- Bake uncovered about 30 minutes or until bubbly and heated through.
- Sprinkle with remaining 1/4 cup cheese.
- Bake about 5 minutes longer or until cheese is melted.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:8.85, Inflammation Score:-7, Nutrition Score:23.450434866159%

Nutrients (% of daily need)

Calories: 392.85kcal (19.64%), Fat: 11.43g (17.59%), Saturated Fat: 5.33g (33.32%), Carbohydrates: 43.09g (14.36%), Net Carbohydrates: 31.86g (11.59%), Sugar: 5.62g (6.24%), Cholesterol: 61.05mg (20.35%), Sodium: 1265.33mg (55.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.47%), Fiber: 11.23g (44.93%), Phosphorus: 430.81mg (43.08%), Zinc: 5.47mg (36.47%), Iron: 6.35mg (35.25%), Selenium: 24.18µg (34.55%), Vitamin B3: 6.75mg (33.77%), Manganese: 0.65mg (32.54%), Vitamin B12: 1.84µg (30.73%), Potassium: 919mg (26.26%), Vitamin B6: 0.52mg (25.77%), Folate: 99.88µg (24.97%), Copper: 0.47mg (23.49%), Vitamin B1: 0.35mg (23.39%), Vitamin B2: 0.39mg (22.83%), Calcium: 226.45mg (22.64%), Magnesium: 88.23mg (22.06%), Vitamin A: 735.41IU

(14.71%), Vitamin C: 10.84mg (13.14%), Vitamin E: 1.58mg (10.52%), Vitamin B5: 1mg (10.03%), Vitamin K: 7.52µg (7.16%), Vitamin D: 0.16µg (1.07%)