



Cheesy Layered Mexican Bake

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb pork sausage
- 0.5 lb ground round
- 15 oz pinto beans ranch-style drained canned
- 10 oz canned tomatoes diced with green chiles, drained canned
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 0.5 teaspoon salt
- 0.5 teaspoon pepper

- 10.8 oz campbell's® condensed cream of celery soup canned
- 10.8 oz cream of mushroom soup canned
- 10 oz enchilada sauce red canned
- 9 6-inch corn tortillas soft ()
- 8 oz sharp cheddar cheese shredded
- 8 oz pepper jack cheese shredded
- 0.8 cup tomatoes chopped
- 0.3 cup spring onion chopped
- 1 medium avocado chopped
- 1 serving cream sour
- 1 leaves cilantro leaves fresh

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil
- glass baking pan

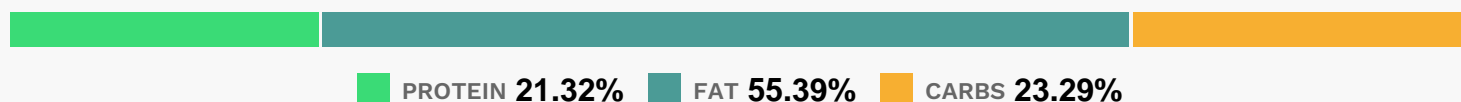
Directions

- Heat oven to 350°F. Lightly spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 12-inch nonstick skillet, cook sausage and beef over medium-high heat 5 to 7 minutes, stirring often, until thoroughly cooked; drain. Stir in beans, diced tomatoes, garlic powder, cumin, salt and pepper. Cook 2 minutes or until thoroughly heated.
- In 2-quart saucepan, stir together soups and enchilada sauce. Cook over medium heat 3 minutes, stirring constantly, until thoroughly heated.
- Spoon one-third of the sauce into baking dish; top with 3 of the tortillas. Spoon half of the meat mixture over tortillas; top with another one-third of the sauce and 1 cup of the Cheddar cheese. Top with 3 tortillas. Repeat layers with remaining meat mixture, sauce, Cheddar

cheese and tortillas.

- Sprinkle with 1 cup of the Monterey Jack cheese.
- Cover loosely with foil.
- Bake 20 minutes. Uncover; sprinkle with remaining 1 cup Monterey Jack cheese.
- Bake 10 minutes longer.
- Let stand 10 minutes before serving. Top with tomato, onions, avocado and dollop of sour cream.
- Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:8.83, Inflammation Score:-8, Nutrition Score:22.939130492832%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 584.91kcal (29.25%), Fat: 36.46g (56.09%), Saturated Fat: 16.28g (101.78%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 26.9g (9.78%), Sugar: 5.43g (6.03%), Cholesterol: 99.4mg (33.13%), Sodium: 1637.07mg (71.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.58g (63.15%), Phosphorus: 537.88mg (53.79%), Calcium: 502.78mg (50.28%), Zinc: 5.29mg (35.24%), Fiber: 7.58g (30.31%), Manganese: 0.58mg (28.9%), Selenium: 19.63µg (28.04%), Vitamin B2: 0.44mg (25.95%), Vitamin B12: 1.48µg (24.71%), Vitamin B6: 0.48mg (24.06%), Vitamin B3: 4.64mg (23.22%), Vitamin K: 23.9µg (22.77%), Vitamin A: 1115.01IU (22.3%), Potassium: 735.92mg (21.03%), Iron: 3.78mg (21%), Magnesium: 83.07mg (20.77%), Copper: 0.4mg (19.87%), Vitamin E: 2.22mg (14.8%), Vitamin B5: 1.48mg (14.78%), Folate: 58.36µg (14.59%), Vitamin B1: 0.22mg (14.48%), Vitamin C: 9.74mg (11.8%), Vitamin D: 0.74µg (4.91%)