



## Spicy Beef and Bean Enchilada Pie

READY IN



90 min.

SERVINGS



8

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 20 ounce refried black beans canned
- 15 ounce canned tomatoes diced mex-style canned
- 6 8-inch flour tortillas ()
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 4 ounce chilies green chopped canned
- 1 pound ground beef
- 2 cups monterrey jack cheese shredded
- 0.5 cup onion diced

- 2 cups pepper jack cheese shredded
- 20 ounce enchilada sauce red old el paso® canned (such as )
- 1 ounce taco seasoning

## Equipment

- bowl
- frying pan
- oven
- aluminum foil
- springform pan

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Cook and stir ground beef and onions in a large skillet over medium-high heat until meat is browned and crumbly, 7 to 10 minutes.
- Add garlic and cook until fragrant, about 30 seconds. Stir in diced tomatoes, green chiles, cilantro, and taco seasoning mix.
- Remove from heat.
- Mix black beans and 1 can red enchilada sauce in a bowl until creamy.
- Mix pepperjack cheese and Monterey Jack cheese together in a separate bowl.
- Heat a cast-iron skillet over medium heat. Cook tortillas, one at a time, until slightly crisp, about 15 seconds per side.
- Place one tortilla on the bottom of an 8-inch springform pan.
- Spread a generous layer of black bean mixture on top of tortilla, then spread a layer of ground beef mixture on top.
- Sprinkle 1 cup of cheese mixture on top of meat mixture and pour 1/4 cup red enchilada sauce over the top. Repeat the tortilla, bean, meat, cheese, and sauce layering process, finishing with cheese and enchilada sauce on top.
- Cover pan with aluminum foil and bake in the preheated oven until cheese is bubbling and enchiladas are cooked through, about 40 minutes. Cool for 15 minutes and serve with sour cream.

# Nutrition Facts

PROTEIN 22.38% FAT 45.85% CARBS 31.77%

## Properties

Glycemic Index:30.63, Glycemic Load:10.63, Inflammation Score:-8, Nutrition Score:25.516521795936%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

## Nutrients (% of daily need)

Calories: 626.35kcal (31.32%), Fat: 32.06g (49.33%), Saturated Fat: 16.38g (102.4%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 38.95g (14.16%), Sugar: 10.34g (11.49%), Cholesterol: 90.54mg (30.18%), Sodium: 1677.54mg (72.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.21g (70.42%), Phosphorus: 539.57mg (53.96%), Calcium: 528.47mg (52.85%), Fiber: 11.04g (44.17%), Folate: 164.59µg (41.15%), Selenium: 26.55µg (37.93%), Zinc: 5.23mg (34.88%), Iron: 5.77mg (32.08%), Manganese: 0.64mg (31.93%), Vitamin B1: 0.44mg (29.61%), Vitamin B2: 0.49mg (28.55%), Vitamin B12: 1.68µg (28.04%), Vitamin A: 1365.2IU (27.3%), Vitamin B3: 5.17mg (25.83%), Magnesium: 94.77mg (23.69%), Vitamin B6: 0.4mg (20.02%), Potassium: 672.14mg (19.2%), Copper: 0.34mg (17.21%), Vitamin C: 10.6mg (12.85%), Vitamin B5: 0.8mg (8.03%), Vitamin K: 8.37µg (7.97%), Vitamin E: 1.05mg (6.99%), Vitamin D: 0.4µg (2.64%)