



## Tortilla Surprise

READY IN



70 min.

SERVINGS



6

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 ounce chiles green drained chopped canned
- 21.5 ounce cream of mushroom soup canned
- 8 10-inch flour tortillas ()
- 1.5 pounds ground beef
- 2 cups milk
- 14 ounce refried beans canned
- 0.3 cup cheddar cheese shredded to taste

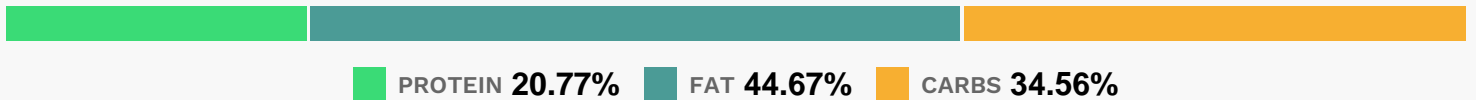
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cook the ground beef in a large skillet over medium heat until thoroughly browned and crumbly, about 10 minutes; drain excess fat.
- Mix in the cream of mushroom soup, milk, and green chilies; return to medium heat, and simmer for about 10 more minutes.
- Spread 2 tortillas with refried beans; stack the two tortillas into the bottom of an 8x10-inch baking dish. Top with about 1/4 of the meat mixture, and sprinkle with about 1 tablespoon of Cheddar cheese, or as desired.
- Spread 2 more tortillas with refried beans, lay them over the cheese, and continue layering the casserole as before with meat mixture, cheese, and tortillas spread with beans. End with 1 tablespoon of cheese, or more to taste.
- Bake in the preheated oven until bubbling and the cheese has melted and begun to brown, 30 to 40 minutes. Allow to cool for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:23, Glycemic Load:17.75, Inflammation Score:-6, Nutrition Score:27.865652343501%

## Nutrients (% of daily need)

Calories: 755.87kcal (37.79%), Fat: 36.88g (56.74%), Saturated Fat: 15.07g (94.2%), Carbohydrates: 64.21g (21.4%), Net Carbohydrates: 57.31g (20.84%), Sugar: 9.04g (10.05%), Cholesterol: 100.06mg (33.35%), Sodium: 2075.27mg (90.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.59g (77.18%), Selenium: 40.81µg (58.31%), Vitamin B12: 3.08µg (51.31%), Phosphorus: 508.76mg (50.88%), Vitamin B3: 10.16mg (50.79%), Zinc: 6.89mg (45.95%), Iron: 7.4mg (41.14%), Vitamin B1: 0.59mg (39.28%), Manganese: 0.78mg (39.04%), Vitamin B2: 0.64mg (37.43%), Calcium: 329.51mg (32.95%), Folate: 124.18µg (31.05%), Vitamin B6: 0.56mg (28.01%), Fiber: 6.89g (27.56%), Potassium: 719.18mg (20.55%), Copper: 0.37mg (18.59%), Vitamin C: 12.93mg (15.67%), Magnesium: 59.47mg (14.87%), Vitamin B5: 1.27mg (12.7%), Vitamin K: 9.12µg (8.68%), Vitamin D: 1.04µg (6.91%), Vitamin A: 281.47IU

(5.63%), Vitamin E: 0.54mg (3.61%)