

Taco Lasagna

9 – 12 servings

Taco Lasagna may become a new family favorite. Make it on the weekend and eat it all week long! It freezes well too.

1 lb.	lean ground beef (ground turkey works well also)
1 large	onion, diced
1 large	bell pepper, diced
3 Tbsp	taco seasoning (or 1 packet)
½ cup	water
1 can	black beans, canned, reduced sodium, drained
1 can	Rotel tomatoes, undrained
1 can	refried beans, (look for vegetarian or low-fat)
1 cup	low fat sour cream or plain Greek Yogurt
1 pkg	corn tortillas; cut in-half
1 cup	cheddar cheese, shredded
1 cup	mozzarella cheese, shredded

- 1 Preheat oven to 350 degrees F. Coat 9" X 13" pan with non-stick cooking spray.
- 2 On the stove top in a large skillet, brown ground beef along with onions & peppers. Cook thoroughly and drain fat.
- 3 Add taco seasoning, water, black beans, and Rotel tomatoes to the beef mixture. Combine well. Bring mixture to a boil then reduce heat to low and simmer for 10 minutes.
- 4 Line bottom of 9" X 13" pan with a single layer of tortilla halves.
- 5 Spread ½ the can of refried beans over the tortillas.
- 6 Use ½ of the sour cream placing small dollops on the refried bean layer. Spread evenly
- 7 Next, layer 1/3 of the beef mixture
- 8 Top beef mixture with ½ of the cheddar and mozzarella
- 9 Repeat layers with a single layer of tortilla halves, the 2nd half of refried beans and sour cream, and 1/3 of the beef mixture.
- 10 Finish layering with a single layer of tortilla halves, the last 1/3 of the beef mixture and the remaining shredded cheese.
- 11 Cover dish tight with foil, place in oven for 30 minutes to heat through (165 degrees F). Remove foil and bake an additional 10 minutes.
- 12 Remove from oven, cover, and let stand at least 10 minutes before cutting.

Serving idea: Serve Taco Lasagna with a lettuce salad, fruit, and a glass of milk.