



Layered Enchilada Casserole

A favorite flavor from the West

1 onion, peeled, chopped
1-pound lean ground beef
1 (16 ounce) can fat free refried beans
1 (1 ounce) package mild taco seasoning
1/2 cup water
1 (15 ounce) can tomato sauce
10 (8-inch) flour tortillas
1 cup shredded Monterey Jack cheese
Salsa if desired
Garnish: oregano herbs

- Preheat oven to 350 degrees F. Spray a 13x9-inch baking pan with nonstick cooking spray.
- In a large skillet, sauté onion until golden. Add ground beef, breaking it into small pieces. Cook over medium heat until brown. Drain off any excess fat.
- Stir in beans, taco seasoning mix, and water; simmer about 3 to 5 minutes.
- Set filling aside.

- Place tomato sauce into a pie pan. Coat both sides of tortillas with sauce.
 - Layer beef mixture, spreading over tortillas in baking pan' overlap tortillas to fit into pan.
 - Sprinkle the top with shredded cheese.
 - Bake in preheated 350 degrees F. oven for 20 to 25 minutes or cheese is melted, and beef mixture is hot.
 - Let cool for 10 to 15 minutes for easier slicing. Cut into squares to serve. Top squares with remaining tomato sauce or salsa.
- Serves: 10 to 12

Cook's Note: Recipe can also be prepared in two 9-inch pans. You will be able to bake one and freeze the remaining casserole.

About the Recipe: It's a casserole from yesteryears, easy to prepare, reduced fat content, kid-popular, and taste-bud tingling. The Kansas Wheat Commission said it uses one of the most popular wheat foods. Prepare two baking pans at one time and freeze one for another dinner.

Recipe Inspired by: *Kansas Gold* – Historical Notes and Heritage Recipes

Recipe Story:

Refugees brought Mexican food to the U.S. during the Mexican Revolution. The taco was popular in southern and central Mexico, and the name taco appeared around the 1880's. Around 1920's the first famous tacos were taquitos rolled tacos and found a home in southern California. By 1959, places like The Pink Adobe in Santa Fe, New Mexico featured a special dinner called Chicken Enchiladas with Sour Cream.

For More Information See:

<https://www.csmonitor.com/Books/chapter-and-verse/2014/1009/How-did-Mexican-food-become-so-popular-in-the-US>.