

Beef Enchilada Bake

1 pound ground beef
1 large onion, chopped
2 cups salsa
1 can (15 ounces) black beans, rinsed and drained
 $\frac{1}{4}$ cup Italian salad dressing
2 tablespoons taco seasoning
 $\frac{1}{4}$ teaspoon ground cumin
6 flour tortillas (8 inches)
 $\frac{3}{4}$ cup sour cream
1 cup (4 ounces) shredded Mexican cheese blend
1 cup shredded lettuce
1 medium tomato, chopped
1 avocado
 $\frac{1}{4}$ cup minced fresh cilantro

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the salsa, beans, dressing, taco seasoning and cumin. Place three tortillas in a 2-qt. baking dish coated with cooking spray. Layer with half of the meat mixture, sour cream and cheese. Repeat layers.

Cover and bake at 400 degrees for 25 minutes. Uncover; bake 5-10 minutes longer or until heated through. Let stand for 5 minutes before topping with lettuce, tomato, avocado and cilantro. Yield: 8 servings.

Jenna Haney
Wood County
Junior