

Mexican Lasagna

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Serves 4, 8 FSP per serving. If you use 99% lean ground turkey it is 6 FSP per serving.

- 1 pound 96% lean ground beef (can also use ground turkey)
- 1 package taco seasoning
- 3/4 cup water
- 1 can fat free refried beans (optional)
- 2 1/2 cups chunky salsa
- 8 ounces Cabot 75 Lite cheddar cheese, grated
- 10 Mission Extra Thin Corn Tortillas
- 1/2 cup fat free sour cream

1. Preheat oven to 375. Spray a 9×9 inch baking pan with nonstick spray
2. In a large skillet, brown ground beef. Drain.
3. Add taco seasoning and water and simmer until thick and flavors blend. about 5 minutes. Add in refried beans if you are using them. Mix until well combined
4. Place 2 whole tortillas in bottom on baking pan, then cut one in half and fit it in to cover bottom



5. Layer 1/2 of the meat mixture over the tortillas, then 1 cup of salsa over the meat, then 1/2 of the cheese. At this point, if you would like to add in black beans, corn, etc, you can. Repeat layers, tortillas again, the rest of the meat, 1 cup salsa, 1/2 the cheese, any “add ins” and end with tortillas. Top with remaining 1/2 cup

salsa. Cover and bake for 25-30 minutes, uncovering the last 5 minutes.

6. Cut into 4 servings, garnish each with 2 Tbsp sour cream.