

Mexican Casserole

Ingredients:

- 1 lb lean ground beef, or turkey
- 1 red bell pepper
- 1 green bell peppers
- 1/2 red onion, diced
- 2 cups frozen corn
- 2 TBS taco seasoning
- 2 cups Mexican cheese
- 10 corn tortillas
- 1 can refried beans
- 2 cups red enchilada sauce

For Topping:

- Cilantro
- Guacamole
- Sour cream

Directions

1. Preheat the oven to 450°.
2. Dice peppers, and onion. Heat 2 TBS of olive oil over medium heat and add peppers, onions, and corn to the skillet. Saute for 2-3 minutes. Add ground beef to the skillet, and cook until meat is browned- about 5-6 minutes. Season with taco seasoning.
3. While meat and veggies are cooking, cut the tortillas in half.
4. Spray 9 x 13 casserole dish with olive oil spray. Place half the tortillas on the bottom of the dish. Spread entire can of refried beans on top of tortillas. Next layer half of the meat, followed by 1 cup of enchilada sauce, and half the cheese. Repeat with another layer of tortillas, meat, sauce and cheese.
5. Place on middle rack of oven for 15 minutes.
6. Top with cilantro, salsa, guacamole and sour cream if desired!