

Family Burrito Bake



PREP TIME 15 MINUTES
TOTAL TIME 30 MINUTES
YIELD 8 SERVINGS

MINUTES
OR LESS

This deliciously clever casserole saves the hassle of assembling individual burritos.

cook's tips

Taco seasoning mix can be substituted for the Southwestern Seasoning Mix, if desired.

To complete the meal, serve this dish with a side salad.

conventional oven

Preheat oven to 350°F (180°C). Combine beef, chopped onion, seasoning mix and garlic in

(10-in./24-cm) Skillet.

Cook over medium heat 5-7 minutes or until beef is no longer pink, breaking into crumbles. Drain.

Assemble as directed in

Step 2. Bake, covered, 50-55 minutes or until hot. Remove from oven. Top with remaining salsa and cheese. Let stand, covered, 10 minutes.

1 Coarsely chop onion using **Food Chopper**. In **Deep Covered Baker**, combine onion, beef, seasoning mix and pressed garlic; mix well. Microwave, covered, on HIGH 6-8 minutes or until beef is no longer pink, breaking into crumbles halfway through using **Mix 'N Chop**. Drain beef mixture using medium **Stainless Mesh Colander**. In **Classic Batter Bowl**, combine beef mixture, corn and 1 cup (250 mL) of the salsa; mix well. Combine refried beans and water in **Small Batter Bowl**; mix well.

2 To assemble, place two tortillas over bottom of baker. Cut one tortilla to fill any gaps as layers are assembled. Spread one-third of the beans evenly over tortillas. Top with one-third of the beef mixture and one-third of the cheese. Repeat layers one time. Arrange remaining two tortillas over cheese. Top with remaining beans and beef mixture.

3 Microwave, covered, on HIGH 12-15 minutes or until center is hot. Carefully remove baker from microwave using **Oven Mitts**. Top evenly with remaining salsa and cheese. Let stand, covered, 10 minutes before serving.

U.S. Nutrients per serving: Calories 340, Total Fat 15 g, Saturated Fat 7 g, Cholesterol 60 mg, Carbohydrate 28 g, Protein 22 g, Sodium 920 mg, Fiber 5 g

U.S. Diabetic exchanges per serving: 2 starch, 2½ medium-fat meat (2 carb)

- 1 medium onion
- 1 lb (450 g) 90% lean ground beef
- 2 tbsp (30 mL) Southwestern Seasoning Mix
- 2 garlic cloves, pressed
- 1 can (11 oz) Mexican-style corn, drained (1¼ cups/425 mL)
- 1 jar (12 oz or 370 mL) chunky salsa, divided
- 1 can (16 oz) refried beans (2 cups/500 mL)
- 3 tbsp (45 mL) water
- 7 (6-in./15-cm) corn tortillas
- 2 cups (500 mL) shredded Colby & Monterey Jack cheese blend, divided