

CHEESE SAUCES

Enchiladas in Casserole



BAY VALLEY
F O O D S

Enchiladas in Casserole

16 Servings

INGREDIENTS:	AMTS:	PROCEDURE:	NUTRITION
Ground beef mixture (recipe below)	3 qt. (about 3 lb. cooked)	Lay eight tortillas in each of two well-greased 2" hotel pans. Spread each with 1/2 Tbsp. (1 1/2 tsp.) sour cream.	Per serving: 474 calories 17 g protein 36 g carbohydrate 3 g fiber 28 g fat 12 g saturated fat 82 mg cholesterol 628 mg sodium
6-inch corn tortillas, softened	32		
Sour cream	1/2 cup	Spread 3/4 cup of the ground beef mixture evenly on each tortilla.	
Enchilada sauce (red)	1 qt.		
Thank You Brand Jalapeño Cheddar Cheese Sauce	2 cups	Cover the mixture well with half of the enchilada sauce, then half of the cheese sauce.	
Diced tomatoes	3 cups		
<i>Ground beef for enchiladas: (yields about 3 lb.)</i>		Cover each with the remaining tortillas, then top with the remaining enchilada sauce and cheese sauce. Bake, covered, at 350° until hot (if all ingredients—except sour cream—are warm, this can be as fast as ten minutes).	
Ground beef	4 lb.		
Minced onion	2 cups (about 9 oz.)	Sauté all together until fully cooked, breaking up meat thoroughly. Drain off any excess fat.	
Minced garlic	2 tsp.		
Salt	1/2 tsp.		
Black pepper, ground	1/4 tsp.		

CHEF'S TIP:

• A serving of this dish is one two-layer enchilada. For a deep-dish alternative, make this entire recipe in one 4" hotel pan, making it four tortilla-layers deep. Add extra tortillas to the top and bottom layers so there is complete coverage, and cut the casserole lasagna-style, into rectangular portions to serve.



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