

Mexican Enchilada Noodle Bake

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/the-best-mexican-enchilada-recipe>

Ingredients:

- 12 ounces noodles package of broad, flat
- 1 inch noodles
- 2 tablespoons vegetable oil
- 1/2 white onion diced
- 2 cloves garlic minced or 1 heaping teaspoon bottled, minced garlic
- 1 pound ground beef
- 2 1/2 cups enchilada sauce homemade, or 20 can of you favorite store bought
- 2 cups cheddar or longhorn cheese, grated
- shredded lettuce optional
- diced tomatoes optional
- avocado optional
- sour cream optional

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 140 milligrams
4. Fat: 33 grams
5. Fiber: 5 grams
6. Protein: 34 grams
7. SaturatedFat: 14 grams
8. Sodium: 1170 milligrams
9. Sugar: 10 grams
10. TransFat: 1 grams

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