

Tex-Mex Lasagna

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/tex-itali-lasanga-recipe>

Ingredients:

- 1 1/4 pounds ground turkey or ground beef
- olive oil
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 tablespoon coriander seeds ground
- 1/4 teaspoon cayenne
- salt
- 14 ounces pinto beans rinsed in cold water and drained, or you can cook your own pinto beans from scratch
- 2 teaspoons bacon fat can substitute olive oil
- 1/2 cup water
- salt
- 2 onions medium
- 1 red bell pepper stem and seeds removed, chopped
- 3 garlic cloves
- 28 ounces diced tomatoes preferably Muir Glen "Fire Roasted"
- 7 ounces Anaheim chiles diced green
- 1/2 teaspoon dried oregano
- 12 corn tortillas
- 2 cups grated Monterey Jack cheese coarsely, about 8 oz
- 2 cups mild cheddar cheese coarsely grated, about 8 oz
- sour cream
- avocado
- cilantro
- iceberg lettuce

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 46 grams

3. Cholesterol: 90 milligrams
4. Fat: 24 grams
5. Fiber: 13 grams
6. Protein: 27 grams
7. SaturatedFat: 9 grams
8. Sodium: 530 milligrams
9. Sugar: 16 grams

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