

# Mexican Lasagna

Yield: 7 min  
Total Time: 85 min

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

## Ingredients:

- 1 1/2 pounds lean ground beef or turkey
- 1 yellow onion coarsely chopped
- 2 garlic cloves finely minced
- 6 ounces tomato paste
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 dash ground cayenne pepper
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 24 ounces tomato sauce
- 14 1/2 ounces diced tomatoes drained
- 15 ounces black beans rinsed and drained
- 1 1/2 cups corn kernels frozen, white or yellow
- 6 ounces olives chopped
- 10 1/2 lasagna noodles no-boil, I love the Barilla brand, or boil and drain regular lasagna noodles
- 2 cups shredded mozzarella cheese
- 1 cup shredded cheddar cheese
- 1 cup sour cream light or regular
- 8 ounces cream cheese light or regular

## Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 160 milligrams
4. Fat: 41 grams
5. Fiber: 10 grams
6. Protein: 49 grams
7. SaturatedFat: 21 grams

8. Sodium: 2090 milligrams
  9. Sugar: 19 grams
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