

# Beef and Bean Enchilada Casserole

Yield: 7 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-beef-and-bean-enchilada-recipe>

## Ingredients:

- 1/2 pound lean ground beef
- 1/2 cup sweet onion chopped, about 1/2 medium
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 15 ounces pinto beans drained and rinsed
- 4 ounces diced green chiles
- 8 ounces sour cream light is fine
- 2 tablespoons Gold Medal All-Purpose Flour
- 1/4 teaspoon garlic powder
- 8 corn tortillas 6-inch
- 1 1/2 cups enchilada sauce recommend homemade- but canned is fine
- 2 cups jack cheese mixed Cheddar-
- sour cream
- guacamole
- chopped tomatoes

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 70 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 11 grams
8. Sodium: 820 milligrams
9. Sugar: 7 grams

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