

# Pastor Ryan's Mexican Lasagna

Yield: 8 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-pinto-beans-and-rice-recipe>

## Ingredients:

- 4 cups rice Unprepared
- 6 cups low sodium chicken broth to 8 Cups, /stock
- 4 whole tomatoes to 8, up To You
- 2 whole onions to 3, up To You
- 8 cloves garlic to 14 Cloves Of, up To You
- butter
- taco seasoning or Chili Powder, Paprika, And Cumin To Taste
- 1 can pinto beans to 2 Cans Black Or, up To You
- 3 pounds lean ground beef
- 16 ounces salsa verde
- flour tortillas
- 16 ounces Mexican cheese blend
- 16 ounces enchilada sauce
- 3 cans corn Drained
- sour cream to taste
- cilantro to taste

## Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 175 milligrams
4. Fat: 34 grams
5. Fiber: 6 grams
6. Protein: 61 grams
7. SaturatedFat: 17 grams
8. Sodium: 1840 milligrams
9. Sugar: 17 grams

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