

Watch this recipe being prepared! ►

Mexican Tortilla Bake with Slow Cooker Beans

Ingredients

1.25 pounds ground turkey/beef
2 cups black beans, canned or from crock pot recipe below
2 red peppers, chopped
1 medium onion, chopped
1 cup frozen corn, or fresh cooked and taken off the cob
2 15 oz. cans enchilada sauce
2 cups low fat mozzarella cheese, grated
12 4 inch corn tortillas
1 cup green onions, chopped
1 small can black olives, sliced

Black bean crock pot recipe:

1 pound dry black beans, rinsed
1 ½ quarts of water
2-3 cloves of garlic, halved
1 onion thinly sliced

Add rinsed beans to crock pot with water. Set temperature on high and cook for 3 ½ hours. Ready to serve or add to tacos, or casseroles.

Directions for Tortilla Bake:

Lightly sautéed onion and peppers, set aside. Brown meat until cooked through and tender, about 10-15 minutes.

Layer ingredients as follows: 1. Pour in 1 large spoonful of enchilada sauce in the bottom of a 13x9 pan. Place the first 6 tortillas overlapping on the bottom of the pan. Layer with ½ of each- beans, meat, peppers/onions, corn, cheese, enchilada sauce; repeat. Bake at 350 degrees for 30-40 minutes until heated through. Top with sliced olives and green onions. Yields about 8 servings.

