**Bean-and-Beef Enchilada Casserole**

This hearty dish has all the great taste of traditional enchiladas -- cumin, chilies, and sour cream -- without all of the fuss.

It's a fast and easy favorite.

By Better Homes & Gardens Test Kitchen

Source: Better Homes and Gardens

 Recipe Summary

Chill:1 day

Bake: 40 minutes

Total: 1 day 1 hr 5 minutes

Prep: 25 minutes

Servings: 6

Ingredients

 ½ pound lean ground beef

½ cup chopped onion

1 teaspoon chili powder

½ teaspoon ground cumin

1 15 ounce can pinto beans, drained and rinsed

1 4 ounce can diced green chili peppers

1 8 ounce carton dairy sour cream or light dairy sour cream

2 tablespoons all-purpose flour

¼ teaspoon garlic powder

8 6 inches corn tortillas

1 10 ounce can enchilada sauce or one 10 1/2-ounce can tomato puree

1 cup shredded cheddar cheese (4 ounces)

 Directions

Step 1

In a large skillet cook the ground beef, onion, chili powder, and cumin until onion is tender and meat is no longer pink; drain. Stir pinto beans and undrained chili peppers into meat mixture; set aside.

Step 2

In a small mixing bowl stir together sour cream, flour, and garlic powder until combined; set aside.

Step 3

Place half of the tortillas in the bottom of a lightly greased 2-quart rectangular baking dish, cutting to fit if necessary. Top with half of the meat mixture, half of the sour cream mixture, and half of the enchilada sauce. Repeat layers. Cover dish with plastic wrap; chill in refrigerator for up to 24 hours.

To serve: Preheat oven to 350F. Remove plastic wrap; cover dish with foil.

Bake in preheated oven for 35 to 40 minutes or until bubbly.

Uncover; sprinkle with cheese and bake 5 minutes more.

Makes 6 to 8 servings.

Nutrition Facts

Per Serving: 429 calories; fat 24g; cholesterol 64mg; carbohydrates 36g; insoluble fiber 6g; protein 19g; vitamin a 1117.6IU; vitamin c 5.9mg; sodium 632mg; calcium 302.9mg; iron 2.5mg.

 https://www.bhg.com/recipe/beef/bean-and-beef-enchilada-casserole/