

Easy Enchilada Casserole



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Number of portions: **12** Size of portion: **3" X 3"**

Ingredient	Measure	Procedure
Ground Beef (85% lean)	2 lb	Preheat Oven to 350°F. In a skillet, brown meat and add onion flakes. Drain grease off. Add soups and enchilada sauce. Stir well. In mixing bowl combine Cheddar Buds dry mix with hot water. Stir until well blended.
Onion (dehydrated flakes)	1/4 cup	
Cream of Chicken Soup-canned	10 1/2 oz	In a greased baking dish (9"x13"x2"), layer meat tortilla and cheese sauce as follows:
Cream of Mushroom soup- canned	10 1/2 oz	
Enchilada Sauce - canned	10 1/2 oz	Bottom layer= 1/3 meat mixture, 6 tortillas, 1 cup cheese sauce. Second layer= 1/3 meat mixture, 6 tortillas, 3/4 cheese sauce. Top layer = 1/3 meat mixture, 6 tortillas, cover with shredded cheese.
Cheddar Buds (dry mix)	7/8 cup	
Water	1 3/4 cup	
Cheddar Cheese - shredded	2 Oz	

Nutritional Information

Calories	324 kcal	Iron	2.27 mg	Protein	*19.33* g	23.86% Calories from protein
Cholesterol	60.53 mg	Calcium	137.88 mg	Carbohydrates	25.75 g	31.79% Calories from carbohydrates
Sodium	549.31 mg	Vitamin A	405.79 IU	Total Fat	15.39 g	42.76% Calories from total fat
Dietary Fiber	2.44 g	Vitamin A	80.26 RE	Saturated Fat	5.62 g	15.62% Calories from saturated fat
Trans Fat¹	*0.71* g	Vitamin C	1.94 mg	Trans Fat¹	*0.71* g	*1.96%* Calories from trans fat
Ash¹	*1.36* g	Water¹	*123.57* g			

Note: * *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values