

Quesadilla Casserole

Recipe Inspirations from McCormick®

SERVINGS: 8

INGREDIENTS:

- 2 tsp McCormick chili powder*
- 1 tsp McCormick ground cumin*
- 1 tsp McCormick minced garlic*
- 1/2 tsp McCormick oregano leaves*
- 1/2 tsp McCormick crushed red pepper* (optional)
- 1 lb lean ground beef
- 1/2 cup chopped onion
- 2-8 oz cans tomato sauce, salt free
- 1-15 oz can black beans, drained and rinsed
- 1-8.75 oz can whole kernel corn, not drained
- 1-4.5 oz can chopped green chiles, not drained
- 6 flour tortillas, 8-inch
- 2 cups (8 oz) shredded cheddar cheese

DELICIOUS
FAMILY MEALS



SERVING NUTRITIONALS:

calories 370
calories from fat 140
total fat 15g
saturated fat 7
trans fat 0g
cholesterol 60mg
sodium 780mg
total carbohydrate 37g
dietary fiber 6g
sugars 7g
protein 24g
vitamin A 15%
vitamin C 20%
calcium 30%
iron 20%

FOLD

DIRECTIONS:

1. Brown beef and onion in large skillet on medium-high heat; drain. Add tomato sauce, beans, corn and green chiles; mix well. Stir in chili powder, ground cumin, minced garlic and oregano leaves. Bring to boil. Reduce heat to low; simmer 5 minutes. Add red pepper to taste, if desired.
2. Preheat oven to 350°F.
3. Spread 1/2 cup of beef mixture on bottom of 13x9x2-inch baking dish sprayed with no-stick cooking spray. Top with 3 of the tortillas, overlapping as needed. Layer with 1/2 of the remaining beef mixture and 1/2 of the cheese. Repeat with remaining tortillas, beef mixture and cheese.
4. Bake in oven 15 minutes or until heated through. Let stand 5 minutes before serving.

*TIP: Purchase McCormick® Recipe Inspirations pre-measured spice card for this recipe for quick alternative.

Source: McCormick®

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Quesadilla Casserole Shopping List

PRODUCE:

- 1 small yellow onion

DAIRY:

- 8 oz shredded cheddar cheese

MEAT/POULTRY/ SEAFOOD:

- 1 lb. lean ground beef

WHOLE GRAINS, BREADS & PASTA:

- 1 package flour tortillas, 8-inch

SPICES & SEASONINGS:

- 1 package McCormick® Inspiration quesadilla casserole seasoning

GROCERY, FROZEN & MISCELLANEOUS:

- 2- 8oz cans Food Club® tomato sauce, no salt added
- 1- 15oz can Food Club® black beans
- 1- 8.75oz can Food Club® whole kernel corn
- 1- 4.5oz can Food Club® chopped green chiles

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Pricing is based on amounts of products used in recipes per serving