

## Enchilada Casserole

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1 pound of 96% lean hamburger  
2 cloves of fresh garlic, chopped  
1 medium onion, chopped  
1 can, 19ounce size Old El Paso Enchilada Sauce, Mild or Hot your choice!  
1 can, 16 ounce Old El Paso fat free refried beans  
\*1 package of 8 whole wheat low carb Buena Vida tortillas  
(\*you can get all this stuff at Wal-Mart, that is where I got mine!)  
1 package of White American cheese (the kind that is individually wrapped)  
Fat Free Sour Crème

Preheat the oven to 350 degrees. Spray a 9" X 13" pan with Pam non stick spray.

Brown the ground beef, garlic and onion, drain if necessary. Add the can of Enchilada sauce and simmer for 10 minutes stirring occasionally.

Put about a couple of tablespoons of sauce in the bottom of pan and lightly coat. Take 4 of the tortillas and line the bottom of your pan. Its OK if they overlap a bit!

Pour 1/2 of the meat mixture on top of the tortillas and then top with the can of refried beans. Making sure to cover the entire bottom.

Unwrap approx 6 - 8 slices of White American cheese and lay on top of the mixture.

Lay the remaining 4 tortillas on top of the cheese and top with the remaining meat. Unwrap and lay an additional 6 - 8 slices of cheese and cover.

Bake covered for 20 minutes. Remove the cover and bake for an additional 5 minutes or till it is bubbly.

Serve with a dollop of Sour Crème.

Makes 8 servings  
14 carbs a serving