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MEXICAN TACO PIE



Level: Beginner

Yield: 6-8 Servings

Time to Plate: 50 Minutes

Prep Time: 15 Minutes

Cook Time: 30 Minutes

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Mexican Taco Pie

INGREDIENTS:

1 pound ground beef	4 ounce can diced green chiles
1 clove garlic, minced	8 ounces light sour cream
½ yellow onion, diced	8 ounces taco sauce
15 ounce can black beans	1 Tablespoon olive oil
2 Tablespoons taco seasoning, divided	5 8-inch whole wheat tortillas
	8 ounces shredded cheese

PREPARATION:

1. Preheat oven to 350 degrees. Spray a 9-inch deep dish pie plate with nonstick cooking spray. Drain and rinse black beans and place to the side.
2. Heat 1 Tablespoon of olive oil in a nonstick skillet over medium heat. Add onion and garlic, cook for about 3 minutes, until lightly softened. Add ground beef and 1 Tablespoon of taco seasoning, break up and cook for about 5 minutes. Add black beans and mix together with beef- cook for an additional 3 minutes. Remove from heat.
3. In a small bowl mix together 8 ounces of sour cream, 1 Tablespoon taco seasoning and 4 ounces of diced green chiles- lightly drained.
4. Coat the pie dish with a thin layer of taco sauce, then layer tortilla, taco sauce (it is easiest to do this with a pastry brush), beef bean mixture - about 1 cup, sour cream - about 3 Tbsp, shredded cheese- about ¼ cup and repeat for a total of four filling layers. Top with a last tortilla and taco sauce, and cover with shredded cheese. Cover the pie dish gently with aluminum foil, try to avoid having it stick to the cheese. Bake covered for 10 minutes, then uncovered for 10 minutes.
5. Slice into wedges and top with toppings of your choice. Enjoy!

Optional Toppings: shredded lettuce, diced tomatoes, avocado, olives, jalapeños, salsa