



Layered Enchilada Bake

2 lb ground turkey
½ onion, chopped
3 C salsa of choice
1 can (15 oz) black beans drained and rinsed
½ C Italian dressing
4 Tbl taco seasoning of your choice
6 flour tortillas
1 C sour cream
8 oz Mexican shredded cheese

Spray a 9x13 pan with cooking spray; set aside.

Brown meat with onions in large skillet on medium-high heat, drain. Add salsa, beans, dressing and chili powder; mix well.

Arrange 3 of the tortillas in a single layer on the bottom of the prepared baking dish; cover with layers of half each of the meat mixture, sour cream and cheese. Repeat all layers. Cover with foil.

Preheat oven to 400 degrees. Bake, covered, 30 minutes. Remove foil and bake and additional 10 min. Or until casserole is heated through and cheese is melted. Let stand for 5 minutes before serving.



Chili Mac

2 lbs ground beef
½ an onion, chopped
Chili powder to taste
2 cans tomato soup
2 cans tomato sauce
1 14 oz can kidney beans - drained and rinsed
Elbow noodles

Brown the beef with the onions. Drain. Sprinkle with chili powder to taste. Add the soup, tomato sauce and the kidney beans and mix well. Heat on low for 30 minutes. Serve with cooked elbow noodles.



Melt in Your Mouth Chicken Breast

4 boneless, skinless chicken breasts

1 C mayonnaise

½ C Parmesan cheese

1 ½ tsp seasoning salt

½ tsp black pepper

1 tsp garlic powder

Mix mayonnaise, cheese and seasonings.

Spread mixture over chicken breast and place in a baking dish.

Bake at 375 degrees for 45 minutes or until done.