



Taco Lasagna

Ingredients

- 1 large Onions, finely chopped
- 1 tsp Vegetable Oil
- 600 g Minced beef
- 1 Medium Green bell pepper, chopped
- 2 tsp ground cumin
- 1 tsp Paprika powder
- 1 tsp Chili powder
- 0.5 tsp ground cumin
- 1 cup Black bean, canned, drained and rinsed
- 750 mL Skimmed milk
- 12 Mediums Flour tortilla
- 0.33 cup Jalapeno, seeds removed and sliced
- 0.5 cup Black olives
- 2 tbsp Pepper jack cheese, grated
- 1 Sachet MAGGI® Béchamel Mix
- 2 Cloves Garlic, finely chopped
- 0.5 tsp Cocoa powder

Instruction

1. Preheat oven to 180°C and place rack on medium level.
2. Sauté onions and vegetable oil in a deep frying pan until soft. Add beef and continue cooking for 5 mins (half cooked).
3. Add peppers, garlic, cumin, paprika, chili, cocoa and cinnamon powder and cook until meat is fully cooked. Then add beans and remove from heat.
4. Meanwhile, prepare béchamel sauce by combining skimmed milk and MAGGI® Béchamel Mix in a deep saucepan, and stir over medium-high heat until thickened.
5. Assemble lasagna by placing a layer of flour tortilla on the bottom of a baking dish, spoon 4-5 tablespoon of béchamel sauce over it and sprinkle ½ meat mixture over the top. Layer more flour tortilla over the meat and spoon more béchamel sauce on top, jalapeno and black olives and top with another layer of tortillas, repeat this step again until all the meat and bean and peppers have been assembled. Reserve some black olives for garnish.
6. Place the final layer of flour tortillas on top of the filling, spoon the remaining béchamel sauce over it and garnish with reserved black olives. Optionally, add broken tortilla chips, sprinkle cheese on top and bake in preheated oven for 25 mins until cheese is melted and slightly golden on top.
7. Remove from oven and allow to cool slightly, before serving.

Nutrition

Carbohydrates	104.7 g
Energy	726.11 kcal
Fats	19.63 g

🕒 40 Minutes

⊕ 10 Servings

Protein

32.22 g