

Mexican Pizza

Recipe makes 6 meals

Ingredients

1 lb 93/7 Lean Ground Beef
12 La Banderita Tortillas
16 oz Fat Free Refried Beans
1/2 C Red Enchilada Sauce
1/2 C Tomato Sauce
1.5 C Reduced Fat Shredded
Cheese
1 C Tomatoes, diced
1 oz pack Taco Seasoning
2 Tbsp Taco Sauce
1 Tbsp Cornstarch
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
Non-Stick Spray
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 393

Fat - 13g

Carbohydrates - 52g

Protein - 37g

Estimated Cost
Per Meal

\$3.60

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Instructions

1. Start by heating a skillet over medium-high heat and browning your beef. When it is cooked through, add in your taco seasoning packet and 1/2 cup of water. Mix well and reduce heat to a low simmer while you prep the rest of your recipe.
2. Heat a separate skillet over medium heat and spray with non-stick spray. Toast all of your tortillas on both sides and set them aside. You may need to respray your pan every few tortillas.
3. For your sauce, in a bowl add 1/2 cup red enchilada sauce, 1/2 cup tomato sauce, 2 Tbsp taco sauce, 1 Tbsp corn starch, 1/2 tsp garlic powder, and 1/2 tsp onion powder. Mix well.
4. Heat your prepared sauce in a small sauce pan over medium-high heat, stirring occasionally. Remove from heat once it starts to bubble.
5. Warm your refried beans in the microwave to make them easier to spread. Add a little salt and pepper to taste.
6. Lay out 6 of your toasted tortillas on sheet pans. If you don't have enough sheet pans, you can just bake them in batches 2-3 at a time. Start adding your toppings. Refried beans first, then your beef, and a sprinkle of cheese just to help melt the tortillas together. Top with your other tortillas, then add your sauce and the rest of your cheese. You can add your diced tomatoes now or after you bake in the oven. It's up to you.
7. Bake in the oven at 375°F for about 10 minutes. Cut into slices, place them into your meal containers, and enjoy!



Notes

- These may not seem like much but they are actually pretty filling. I still recommend adding a side of veggies to make this a more filling meal and to incorporate some added micronutrients.
- The sour cream is optional and is not included in the listed calories and macros. If you do add sour cream, don't forget to account for those calories (if you are tracking calories).