



## ME Recipe: Taco Lasagna

### Ingredients:

- 2 lbs. ground meat
- 2 packets taco seasoning(or make our own)
- 1 can black beans
- 1 can re-fried beans
- Shredded cheese(Mexican mix)
- Low Carb/High Fiber tortillas(Ole High Fiber or Mission Low Carb for example)

### Directions:

Preheat oven to 350. Brown and season ground meat. Mix black beans in with meat.

Layer a casserole dish as you would if making lasagna: Layer of meat mix/tortillas to cover/refried beans and cheese/shell, etc. and top with cheese.

Bake 30", serve with sour cream if desired.