



All for the Beef

Prep 15 mins

Cook 10 mins

Yields 6 servings

Tortilla Beef Pie



Shopping List



Lean ground beef sirloin, round or chuck
Onion
Garlic clove
Canned red kidney beans
Chili sauce
Flour tortillas
Cheddar cheese
Green onions

Ingredients

1 lb (500 g) lean ground beef sirloin, round or chuck*

1 each small onion and clove garlic, minced

1 can (19 oz/540 mL) red kidney beans, drained and rinsed

½ cup (125 mL) chili sauce

4 large flour tortillas

2 cups (500 mL) low-fat shredded Cheddar cheese

2 green onions, chopped

Instructions

1. Cook ground beef in pan using medium-high heat for 9 to 10 minutes, breaking into small chunks with back of spoon until browned and completely cooked. Drain in colander. Return to pan and add onion and garlic; simmer, uncovered, for 5 to 10 minutes until vegetables soften.
2. Mash kidney beans. Combine with beef mixture; stir in chili sauce. Place 1 tortilla on baking sheet. Spread right to edge with one-third of the beef mixture. Sprinkle with one-quarter each Cheddar and green onion. Repeat layers, finishing with tortilla, cheese and green onion.
3. Bake in 400°F (200°C) oven for 10 to 15 minutes or until cheese is melted. Slice into wedges and serve with more chili sauce if desired.



Recipe Card

Tortilla Beef Pie



This recipe is a contemporary version of the classic meat pie – no pastry to make, reduced fat and super easy.

Use lean or extra lean ground beef as a substitute for sirloin, round or chuck.

Excellent source of iron (27% DV) and zinc (46% DV), 39% DV sodium.

Nutrition Facts

per serving

Amount	
Calories	412
Protein	29 g
Fat	12 g
Carbohydrate	45 g

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/tortilla-beef-pie/>