



## 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.

