



Seven Layer Taco Casserole

1 16. oz. can refried beans
1 pound chuck meat cut for carne asada, finely cubed (you can use ground beef if you want)
1 large white onion, finely chopped
3 garlic cloves, minced
3 tomatoes, finely diced
2 teaspoons cumin
1 teaspoon oregano
1 1/2 cup store bought salsa
1/2 bunch cilantro, finely chopped
2 ripe avocados, mashed
1/2 large lemon
1 teaspoon garlic powder
Salt & Pepper
3 cups tortilla strips or broken up taco shells
1 cup shredded Mexican cheese
Sour cream

- **FOR THE MEAT:** Heat a skillet with olive oil. Add the meat, all but 2 tablespoons onions and garlic. Mix well and cook for about ten minutes until meat is cooked through. Discard any liquid that might be rendered. Add the cumin, oregano and 2 of the tomatoes. Cook for another seven to ten minutes. Add 1/2 cup salsa and mix well. Add 1/2 of the cilantro. Remove from heat.
- **FOR THE GUACAMOLE:** Place the mashed avocados in a bowl. Squeeze the lemon on the avocados, removing any seeds that could fall in the bowl. Mix in the remaining tomato, garlic powder, remaining cilantro and remaining onions. Mix well. Season with salt and pepper.
- Preheat oven to 375 degrees. Spread a layer of beans at the bottom. Add the meat. Add the chips. Spread the salsa over the chips. Top with the cheese. Place the casserole dish in to the

oven and bake for 20 minutes or until the cheese melts and the meat is bubbling.

- Serve and top with guacamole and sour cream. Seven layers of delicious food!

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