

# Mexican Lasagna Main Dish

**Serving Size** 1 Square

## Ingredients

	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Lean Ground Beef, raw	6 lbs	--	12 lbs	--
Pinto Beans, rinsed, drained	4 lbs 8 oz	1 #10 can (3 qts)	9 lbs	2 #10 cans (6 qts)
Dried Oregano Leaves	--	1/3 cup	--	2/3 cup
Ground Cumin	--	1/4 cup	--	1/2 cup
Garlic Powder	--	1/4 cup	--	1/2 cup
Whole Grain Lasagna Noodles, uncooked	About 3 lbs	48 each	About 6 lbs	96 each
Reduced Fat Cheddar or Monterey Jack Cheese, shredded	3 lbs	3 qts	6 lbs	6 qts
Salsa, canned	--	2 qts	--	1 gallon
Water	--	2 qts	--	1 gallon

## Directions

Cook ground beef until the internal temperature reaches 155°F or higher, break into crumbles.

Combine the pinto beans, cooked ground beef, dried oregano leaves, cumin and garlic powder.

Spray 2-inch full-size steamtable pans with pan release spray. For 48 servings use 2 pans, for 96 servings use 4 pans. Arrange 8 lasagna noodles in the bottom of each steamtable pan. Using half of the bean and beef mixture, divide evenly between each pan spreading to cover the lasagna noodles; sprinkle with 2 cups cheese. Repeat the layers, using 8 lasagna noodles per pan, and divide the remaining bean and beef mixture between each pan. Sprinkle each pan with 2 cups cheese. Top with the remaining 8 lasagna noodles.

Mix together the salsa and the water. Divide evenly between each pan and pour over the lasagna.

Cover tightly with foil and bake in a pre-heated 350° F oven until the pasta is tender and the internal temperature reaches 165° F for 15 seconds, about 1 1/2 hours. Uncover and sprinkle each pan with 2 cups of the remaining cheese. Return pans to the oven, uncovered, and bake until the cheese is melted, about 5-10 minutes. Remove from oven and let rest about 10 minutes. Slice each pan 4 x 6 into 24 portions.

Tip: If desired, spread the top of each pan of lasagna with 2 to 3 cups of reduced-fat or regular sour cream; sprinkle with 1/2 cup each chopped green onions, chopped bell peppers, and sliced back olives.



## Components

**Meat/Meat ALT** 3 oz eq,

**Grains** 2 oz eq,

**Vegetable** 1/4 cup (1/8 legume, 1/8 red/orange)

## Nutrients Per Serving

**Calories** 387

**Total Fat** 21.45 g

**Saturated Fat** 9.11 g

**Cholesterol** 69.68 mg

**Carbohydrate** 24.55 g

**Dietary Fiber** 4.68 g

**Protein** 26.11 g

**Sodium** 309.64 mg

**Iron** 3.89 mg

**Calcium** 294.81 mg

**Vitamin A** 230.33 IU

**Vitamin C** 0.78 mg

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