

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

BEANS: Simply Delicious, Naturally Nutritious

Find more delicious bean recipes at BeanInstitute.com

