

Impossible Bean Burrito Bake

Yield: 6 servings

1- 16 ounce can refried beans
1 cup MASTER MIX
¼ cup water
¾ pound ground meat
1 cup thick salsa
1½ cups shredded cheddar cheese
Black olives (optional)
Sour cream (optional)

1. Preheat oven to 375°F. Lightly grease a 10 inch pie pan.
2. In a large frying pan over medium heat, brown ground meat. Drain fat. Remove from heat.
3. Mix refried beans, MASTER MIX and water in a mixing bowl. Spread mixture in bottom and halfway up sides of pie pan.
4. On top of bean mixture, layer the meat, black olives (if using), salsa and cheese in that order.
5. Bake for 30 minutes.
6. Serve hot. Each piece may be served with a dollop of sour cream.

PER SERVING (WITHOUT OLIVES & SOUR CREAM): CALORIES 411 • FAT 21 G • PROTEIN 25 G • CARBOHYDRATE 31 G • FIBER 5 G • GOOD SOURCE OF PROTEIN

Variations:

Add 1 teaspoon chili powder. Serve with salsa.