

# Quick and Easy Burrito Casserole

## Ingredients:

- 1 lb of ground meat (I like to use ground turkey for this)
- 1 onion, chopped (optional)
- 1 pack of Lipton Onion Soup Mix
- 1 package taco seasoning
- 8 large flour tortillas
- 1 large can refried beans (I use a 31 oz can) or you can use about 3 c. [homemade refried beans](#).
- 2 - 3 c. Shredded cheese
- 1 or 2 cans cream of mushroom soup
- 1/2 c. sour cream

## Directions:

Preheat oven to 350.

Spray a 9x13 casserole dish.

Brown the meat and onion, if using and drain any excess grease.

Add seasonings and stir in refried beans.

You can also mix in a can of soup if you want to make it go a little farther.

Mix one can of soup and the sour cream in a bowl.

Spread 1/2 of the sour cream mixture in the bottom of your greased casserole dish.

Tear 4 flour tortillas into bite-size pieces and spread over sour cream mixture.

Layer 1/2 of the meat and bean mixture over this.

Sprinkle with a layer of cheese.

Repeat the layers, ending with cheese.

Bake for 20-30 minutes until heated through and the cheese is bubbly.

Serve with sour cream, salsa, guacamole, yellow rice, and a nice salad for a hearty meal.

This would probably also work well as a freezer meal if you wanted to double the recipe and make an extra casserole for later.