

Mexican Lasagne

Layer 1:

2lb. Ground Turkey (or Beef)
2-14 oz. cans Petite Diced Tomatoes
1 sweet bell pepper, chopped
Sea Salt
1/4 t Smoked Black Pepper
1 t granulated garlic
1 t Cumin, ground
1 t Dark Chili powder
1 t Chipotle, ground

Layer 2:

2 cans Black Beans, drained well
2-3 cups Fresh Spinach
8-9 Large size Tortillas
Cheddar Cheese
3/4 C Salsa

Preheat the oven to 375°

Start by browning your ground meat in a pan with a little olive oil.

Add the peppers to the pan and saute for one minute.

Add the salt, pepper, garlic, cumin, chili powder and chipotle, and stir well. Saute another minute. Add the tomatoes.

Turn the heat to low and let this simmer for about 10 minutes.

Meanwhile, grease a 9 x 13 pan well, being sure to get the corners and up the sides. Lay in one tortilla so it comes up one of the 9" sides of the dish to just above the top edge, with the other half of it coming down into the bottom of the dish, and pressing the other edges to the long side of the dish. Do the same thing on the other end. Then take another tortilla, tear it in two, and fit the two halves so they lay on the bottom of the dish (extra reinforcement!).

Your ground meat mixture should be ready to go by now.

Using a slotted spoon so that most of the liquid stays in the pan, put in a layer of meat all across the bottom. Cover that layer with more tortillas—placed the same as the bottom ones, and push down a little. For the next layer, pour on the black beans, and over the top put the fresh spinach—you can use quite a bit because it cooks way down. Cover again with tortillas, pushing down again. You should have a full dish by now.

On the top, use the rest of the “sauce” from the pan combined with the your favorite salsa. Add grated cheddar cheese.

Cover with foil loosely and heat for approx. 20 mins.

Uncover for about 5 minutes or until cheese is melted and your over-hanging tortillas have turned golden brown.

Before serving, let it sit for 10 minutes. It'll set up a little, and holds together nicely when you serve it. Cut into squares.

Captain's Note:

We think this is super with a salad--use sweet corn, avocado and julienned Jicama (or even zucchini) for some crunch! As they say in Italian.. "Mangia!" :)