

FRITO PIE



January 29

National Corn Chip Day




INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 14 Ounces Corn Chips (enriched or whole grain)
- 1 Medium Onion, Chopped
- 2 Cans (10 Ounces Each) Enchilada Sauce
- 3 Cans (15 Ounces each) Ranch Style Beans
- 12 Ounces Shredded Cheddar Cheese

DIRECTIONS

1. Preheat oven to 350°. In a large skillet, cook beef and onion over medium heat 6-8 minutes or until beef is no longer pink and onion is tender, crumbling meat; drain. Stir in beans; heat through.
2. Reserve 1 cup corn chips for topping. Place remaining corn chips in a greased 13x9-inch baking dish. Layer with meat mixture, enchilada sauce and cheese; top with reserved chips.
3. Bake, uncovered, 15-20 minutes or until cheese is melted.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

14 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup	1 Cup	2 Cups	4 Cups