

Salsa Tortilla Bake

Ingredient List

cheddar cheese (200 g)	AP flour (½ cup)
frozen chopped spinach (300 g/1 pkg)	whole/3.25% milk (3 cups)
lean ground beef (675 g/1.5 lb)	salsa (½ cup)
taco seasoning (2 tbsp/1 pkg)	large flour tortillas (10-12)
mayonnaise (½ cup)	

Directions

Shred **200 g cheddar cheese** (makes approximately 2 cups after shredding). Thaw and drain **300 g frozen chopped spinach**. Set both aside.

Brown **675 g lean ground beef** in a skillet over medium-high heat. Drain the ground beef and add **2 tbsp taco seasoning** (or to taste) and **¼ cup water**. Stir until the seasoning is evenly distributed, and simmer on high until all of the water has evaporated. Set aside.

In a large saucepan over medium heat, whisk together **½ cup mayonnaise** and **½ cup AP flour**. Gradually add **3 cups whole milk** and whisk continuously until the sauce comes to a boil and thickens. Stir in **half of the shredded cheese** until melted.

Reserve 1 cup of the sauce in a bowl and cover with plastic wrap to prevent a film from forming on the surface.

To the remaining sauce, add the **ground beef**, **½ cup salsa**, and the **spinach**. Stir mixture until uniformly combined.

Preheat the oven to 375°F.

Spoon ¼ - ⅓ cup of the mixture into the center of a **large flour tortilla** and roll up. Repeat until no more filling remains. Arrange the tortillas side by side on a baking sheet so that they are tightly together and there are no gaps in between. Top them evenly with the reserved **sauce** and sprinkle over the remaining **shredded cheese**.

Bake for 25-35 *minutes*, until the cheese begins to brown.

Makes 10-12 wraps.

Notes

“Tex mex” pre-shredded cheese can be substituted for the cheddar cheese. Cubed, boneless or ground chicken breasts can be substituted for the ground beef. Use taco seasoning and salsa to personal taste preferences. Additional Tabasco sauce can be added for more heat.

Nutrition (per wrap)

Calories	321	Carbohydrate	21 g	Vitamin C	0 %DV
Total fat	15 g	Dietary fibre	2 g	Calcium	22 %DV
Saturated fat	7 g	Sugars	5 g	Iron	15 %DV
Cholesterol	76 mg	Protein	25 g		
Sodium	311 mg	Vitamin A	6 %DV		