



Cheesy Enchilada Stack

Servings: 6

Two 16-ounce cans tomato sauce

4 teaspoons chili powder

¼ teaspoon garlic powder

12 small, soft corn tortillas

1 cup cheddar or Monterey Jack cheese,
shredded

1. Preheat oven to 350 degrees F.
2. Wash hands and surfaces.
3. In a medium saucepan, combine tomato sauce, chili powder and garlic powder.
4. Spread one-fourth of the sauce in the bottom of a 9-inch pie pan or square baking pan and top with 1 tortilla. Spread 2 tablespoons sauce and 1 tablespoon cheese on top.

5. Repeat, layering tortillas, sauce and cheese. Cover with aluminum foil.
6. Bake until hot and cheese is melted, about 25 to 30 minutes. Heat remaining sauce over medium heat until hot. Remove enchilada stack to a serving plate. Cut into wedges. Serve with sauce.
7. Refrigerate leftovers immediately.



Nutrition Facts

6 servings per container

Serving size (218g)

Amount per serving

Calories **220**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 860mg **37%**

Total Carbohydrate 30g **11%**

Dietary Fiber 5g **18%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 9g

Vitamin D 0mcg **0%**

Calcium 194mg **15%**

Iron 2mg **10%**

Potassium 553mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Choose a tomato sauce without salt to reduce sodium.
- Add leftover ground beef, vegetables, chopped chicken, and/or canned beans.
- Your children can spread the sauce or sprinkle the cheese.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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