

4. In large bowl, add ground beef mixture, cooked egg noodles, black beans, salsa, sour cream and 2 cups of shredded cheese.
5. Spread mixture in the 13x9 casserole pan. Cover with foil.
6. Bake 30 minutes, remove foil and add remaining cheese. Leave uncovered and continue cooking for 15 minutes.



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# GROUND BEEF BAKED FLAUTAS

## Ingredients:

2 Tablespoons olive oil (divided)  
1 small white onion (diced)  
3 teaspoons minced garlic  
1 pound Tjaden Ranch ground beef  
1 (1 ounce) packet taco seasoning  
2 cups shredded cheddar cheese (or whatever you prefer)  
12 (6 inch) flour tortillas  
Salt, to taste  
Favorite toppings and dipping sauce

## Directions:

1. Preheat oven to 425 degrees F.
2. Lightly grease 13x9 baking pan with olive oil.
3. In a large skillet, heat 1 Tablespoon oil over medium heat, then add onion and garlic. Sauté for about 5 minutes until soft.

*(continued...)*



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