

Cheese Enchiladas

¼ lb. ground beef
½ C cottage cheese
½ C Monterey jack cheese
½ C chopped tomatoes
3T chopped onions
½ T taco seasoning
¼ C mild salsa
¼ C shredded colby cheese
1 flour tortilla per person
sour cream to taste

1. Brown ground beef, drain fat.
2. Mix cottage cheese, Monterey jack cheese, tomatoes, browned ground beef and taco seasoning mix; set aside.
3. Spoon about 3T pf the cheese mixture on tortilla.
4. Roll tortilla, place in casserole dish. (seams down)
5. Pour salsa over enchiladas.
6. Bake in covered casserole 45 minutes at 350°
7. Uncover and sprinkle with grated colby cheese.
8. Bake covered for 5 more minutes.
9. Top with sour cream, if desired.