

Mexican Bean Bake

2 Cups boiling water
1/2 Cup pinto bean flour
1/2 Cup green Chile salsa
1 Tablespoons Beef, ham or vegetable soup base
1/2 large onion grated
6 corn tortillas cut in fourths
2 Cups cooked rice
1 1/2 Cups grated jack cheese (optional)

Whisk bean flour into water. Add salsa, onion and soup base; bring back to a boil. Cook 3 minutes over medium heat. In 1 quart baking dish layer rice, 1/2 of the tortillas and 1/2 of the salsa mixture. Finish with tortillas and salsa mixture and cheese. Bake at 350° until cheese bubbles, about 10-15 minutes. Cover if you omit cheese. Serves 4-6

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