



Omega-3 Taco Pie

- 1 lb. lean ground beef
- 1 (1.25 oz.) pkg. taco seasoning mix
- 1 cup hot water
- 1 - 16 oz. can refried beans
- 1 (4.5 oz.) can chopped green chilies
- $\frac{1}{2}$ cup **Natunola® health's delight Shelled Flax Kernel**
- 8 oz. shredded cheddar cheese
- 3 large whole-wheat tortilla shells



Preheat oven to 350°F. Brown the ground beef in a large skillet over medium-high heat. Drain well. Return beef to skillet and add the taco

seasoning mix and hot water. Stir until well mixed. Add in the refried beans, green chilies and Natunola® health's delight Shelled Flax Kernel. Simmer uncovered for 4 - 5 minutes, until heated through, stirring often.

In the bottom of an ungreased deep-dish pie plate, place 1 tortilla shell. Top with approximately 1/3 of the beef mixture. Repeat process until pie plate is filled near the top. Top last layer with shredded cheese. Bake uncovered for 15 minutes.

Top with salsa and sour cream if desired.

Yields 6 servings

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