

# Cheesy Mexican Casserole

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-cheesy-mexican-casserole-recipe>

## Ingredients:

- 1 pound ground beef
- 1 package taco seasoning
- 6 large flour tortillas
- 3 cups shredded cheese
- 1 mushroom soup carton of Campbell's Savory Portobello
- 4 ounces sour cream
- 1 can corn
- 1 can diced tomatoes with chiles
- 1 pound chicken breasts
- 1 herb carton of Campbell's Creamy, and Chicken Soup
- 1 bag frozen cauliflower
- 1 tablespoon minced garlic
- parsley to taste

## Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 255 milligrams
4. Fat: 60 grams
5. Fiber: 6 grams
6. Protein: 76 grams
7. SaturatedFat: 31 grams
8. Sodium: 1770 milligrams
9. Sugar: 8 grams
10. TransFat: 1 grams

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