

Ground Beef Mexican Casserole

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-beef-bake-recipe>

Ingredients:

- 3 cups tortilla chips about half a 13 oz bag - broken up into pieces
- 1 pound ground beef
- 10 ounces diced tomatoes with green chilies RoTel, 1 10 oz can, drained
- 4 ounces diced green chiles 1 4 oz can, drained
- 2 tablespoons taco seasoning mix store bought or use my recipe
- 15 ounces creamed corn 1 14 oz or 15 oz can
- 15 ounces black beans 1 15 oz can, drained
- 1 cup cheddar cheese grated
- 1 cup Monterey Jack cheese grated
- 3 cups tortilla chips
- ground beef In a large skillet, brown the, over medium high heat.
- 1 pound ground beef

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 105 milligrams
4. Fat: 30 grams
5. Fiber: 6 grams
6. Protein: 35 grams
7. SaturatedFat: 13 grams
8. Sodium: 760 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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