

Ground Beef Taco Casserole

Yield: 5 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-beef-greek-yogurt-recipe>

Ingredients:

- 2 tablespoons olive oil divided, plus more for the baking dish
- 1 pound ground beef
- 1 yellow onion or medium white, diced
- 1 red bell pepper medium, cored, seeded, and diced
- 2 cloves garlic minced
- 15 ounces pinto beans drained and rinsed
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons tomato paste
- 15 ounces tomato salsa
- 1 1/2 cups shredded mild cheddar cheese divided
- 1 cup romaine lettuce chopped
- 1 medium tomato diced
- greek yogurt or sour cream, for serving

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 105 milligrams
4. Fat: 32 grams
5. Fiber: 4 grams
6. Protein: 32 grams
7. SaturatedFat: 14 grams
8. Sodium: 1160 milligrams
9. Sugar: 9 grams
10. TransFat: 1 grams

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