

Slim & Healthy Ground Beef Enchilada Casserole

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-ground-beef-recipes>

Ingredients:

- nonstick cooking spray
- 1 onion medium, chopped
- 2 cloves garlic pressed
- 1 pound lean ground beef extra-
- 2 tablespoons taco seasoning mix low sodium
- 11 ounces corn Mexican, drained
- 12 ounces chunky salsa
- 6 corn tortillas 10 inches each
- 1 can nonfat refried beans
- 3 tablespoons water
- 1 cup Monterey Jack cheese grated reduced fat, blend
- fresh tomato optional
- green onions optional

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 50 milligrams
4. Fat: 8 grams
5. Fiber: 6 grams
6. Protein: 22 grams
7. SaturatedFat: 4 grams
8. Sodium: 680 milligrams
9. Sugar: 4 grams

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