

# Mexicali Hashbrown Taco Casserole

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexically-recipe>

## Ingredients:

- 1 pound lean ground beef very
- 1/2 cup green bell pepper diced, divided
- 1/2 cup red bell pepper diced, divided
- 1 package taco seasoning
- 1/2 cup corn
- 10 1/2 ounces tomato soup
- 3 ounces low fat cream cheese
- 1/2 cup chopped onion divided
- 2 cups shredded cheese Mexican-style, divided
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 bag frozen hash brown potatoes 30 oz bag, thawed

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 95 milligrams
4. Fat: 23 grams
5. Fiber: 4 grams
6. Protein: 29 grams
7. SaturatedFat: 11 grams
8. Sodium: 1390 milligrams
9. Sugar: 6 grams

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