

# Creamy Burrito Casserole

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 1 pound ground beef or 1 lb ground turkey
- 1/2 yellow onion medium, chopped
- 1 1/4 ounces taco seasoning
- 6 flour tortillas large
- 16 ounces refried beans
- 3 cups cheese shredded taco, or 2 -3 cups cheddar cheese
- 10 3/4 ounces cream of mushroom soup
- 4 ounces sour cream
- hot sauce jarred, if desired to spice it up

## Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 180 milligrams
4. Fat: 60 grams
5. Fiber: 10 grams
6. Protein: 55 grams
7. SaturatedFat: 30 grams
8. Sodium: 2600 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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