

Beef Burrito Casserole

Yield: 8 min
Total Time: 65 min

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

Ingredients:

- 1 pound ground beef
- 1 small onion chopped
- 2 cloves garlic minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 14 ounces chili beans drained
- 1 cup chunky salsa bottled
- 1/3 cup grated Parmesan cheese
- 8 flour tortillas 8-inch
- 2 cups shredded cheddar cheese or mixture of both
- 3 green onions chopped
- sour cream
- salsa
- avocado

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 75 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams
6. Protein: 27 grams
7. SaturatedFat: 12 grams
8. Sodium: 1150 milligrams
9. Sugar: 5 grams
10. TransFat: 0.5 grams

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