

Mexican Casserole with Ground Beef and Corn Tortillas

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-a-mexican-casserole-with-ground-beef>

Ingredients:

- 1 pound lean ground beef
- 1 medium onion chopped
- 1 cup frozen corn thawed. You can use 1 can, drained. I prefer 1 cup frozen corn.
- 15 ounces black beans canned, drained and rinsed
- 3 tablespoons taco seasoning
- 1 cup water start with 1/2 cup. See note below.
- 12 corn tortillas yellow
- 15 ounces chopped tomatoes canned, drained
- 8 chile peppers green, Hatch, Poblano, or Pueblo, roasted, chopped
- 1 cup sour cream
- 1 cup pepper jack cheese
- sliced jalapeno peppers optional
- chopped tomatoes optional
- chopped cilantro optional

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 145 milligrams
4. Fat: 35 grams
5. Fiber: 15 grams
6. Protein: 52 grams
7. SaturatedFat: 16 grams
8. Sodium: 1240 milligrams
9. Sugar: 10 grams

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