

# Individual Mexican Casseroles

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-casseroles>

## Ingredients:

- 1/2 tablespoon olive oil
- 1/2 pound ground beef
- 1/4 onion
- 1/2 clove garlic minced, from a jar
- 7 ounces diced green chiles mild
- 1/4 teaspoon ground cumin
- 1/4 teaspoon oregano leaves
- 1/2 tablespoon chili powder
- salt
- pepper
- 1/2 cup Monterey Jack cheese shredded
- 1/4 cup mild cheddar cheese shredded
- 1 egg
- 1/3 cup milk
- 1/8 cup flour
- 1/8 cup green onion for garnish diced, optional

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 115 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 8 grams
8. Sodium: 590 milligrams
9. Sugar: 2 grams
10. TransFat: 0.5 grams

Thank you for visiting our website. Hope you enjoy Individual Mexican Casseroles above. You can see more 19 recipe for mexican casseroles Prepare to be amazed! to get more great cooking ideas.