

Crock Pot Mexican Taco Casserole

Yield: 10 min
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-taco-with-corn-recipe>

Ingredients:

- 1 pound ground turkey or ground beef
- 1/2 onion chopped - optional
- 1 cup corn
- 1 can black beans drained
- 1 can diced tomatoes with green chilis, aka rotel
- 1/2 package taco seasoning or 4 tablespoons of homemade taco seasoning
- garlic salt to taste
- 2 cups cooked rice I used brown rice that I cooked but you can use any
- 8 ounces shredded cheese we used cheddar

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 60 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 17 grams
7. SaturatedFat: 6 grams
8. Sodium: 460 milligrams
9. Sugar: 2 grams

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