

Crock Pot Cheesy Frito Taco Casserole

Yield: 7 min
Total Time: 190 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-frito-casserole-recipe>

Ingredients:

- corn chips bag of Frito Original
- 2 pounds ground beef browned and drained well, about 4 cups
- 2 packets taco seasoning
- 1 1/4 cups water
- 10 ounces cheddar cheese soup
- 1/2 cup milk
- 14 ounces refried beans
- 4 cups shredded cheddar cheese

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 165 milligrams
4. Fat: 45 grams
5. Fiber: 3 grams
6. Protein: 46 grams
7. SaturatedFat: 24 grams
8. Sodium: 1040 milligrams
9. Sugar: 2 grams
10. TransFat: 1.5 grams

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