

Mexican Pile Ups

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-pile-on-meat-recipe>

Ingredients:

- 1/2 onion medium, diced
- 1 pound hamburger
- 24 ounces tomato sauce
- 1 package taco seasoning
- cooked rice at least 4 cups
- grated cheese
- green onion
- avocado diced
- diced tomatoes
- salsa or pico de gallo
- sour cream
- corn I would thaw frozen corn or use canned corn
- canned beans rinsed and drained
- guacamole
- sliced olives
- tortilla chips crushed
- tortilla strips
- cilantro
- green peppers or diced red

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 85 milligrams
4. Fat: 30 grams
5. Fiber: 11 grams
6. Protein: 29 grams
7. SaturatedFat: 10 grams
8. Sodium: 1640 milligrams

9. Sugar: 21 grams
 10. TransFat: 1 grams
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