

Mexican Quesadilla Casserole

Yield: 8 min
Total Time: 45 min

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

Ingredients:

- cooking spray
- 1 pound ground beef
- 1/2 cup chopped onion
- 15 ounces tomato sauce
- 15 ounces black beans rinsed and drained
- 14 1/2 ounces diced tomatoes with lime juice and cilantro, such as RO*TEL®
- 8 3/4 ounces sweet corn whole kernel, drained
- 4 1/2 ounces green chiles chopped, drained
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes
- 6 flour tortillas
- 2 cups shredded cheddar cheese

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 70 milligrams
4. Fat: 23 grams
5. Fiber: 9 grams
6. Protein: 27 grams
7. SaturatedFat: 11 grams
8. Sodium: 870 milligrams
9. Sugar: 9 grams
10. TransFat: 0.5 grams

Thank you for visiting our website. Hope you enjoy Mexican Quesadilla Casserole above. You can see more 15 mexican quesadilla casserole recipe Cook up something special! to get more great cooking ideas.