

Beefy Mexican Casserole

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 1/2 pounds ground beef
- 1 medium onion diced
- 1 can corn drained
- 1 can black beans rinsed and drained
- 1 package taco seasoning
- 12 corn tortillas
- 2 cans rotel whatever your favorite flavor is
- 2 cups Mexican cheese shredded
- cilantro
- salsa
- sour cream
- tortilla chips

Nutrition:

1. Calories: 1030 calories
2. Carbohydrate: 86 grams
3. Cholesterol: 190 milligrams
4. Fat: 51 grams
5. Fiber: 18 grams
6. Protein: 62 grams
7. SaturatedFat: 24 grams
8. Sodium: 1960 milligrams
9. Sugar: 14 grams
10. TransFat: 1.5 grams

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