

# Three Cheese Mexican Shells

Yield: 8 min  
Total Time: 50 min

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

## Ingredients:

- 1 pound ground beef lean
- 1 package taco seasoning
- 4 ounces cream cheese
- 1 can corn 8 oz., drained
- 1 can black beans 8 oz., drained and rinsed
- 16 jumbo shells
- 1 1/2 cups salsa
- 1 cup taco sauce on the Mexican isle
- 1 cup Monterey Jack cheese
- 1 cup cheddar cheese
- green onions
- sour cream
- olives
- tomatoes

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 85 milligrams
4. Fat: 24 grams
5. Fiber: 7 grams
6. Protein: 27 grams
7. SaturatedFat: 12 grams
8. Sodium: 1310 milligrams
9. Sugar: 7 grams
10. TransFat: 0.5 grams

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