

Beef and Black Bean Taco Bake

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-black-bean-beef-recipe>

Ingredients:

- 1 pound ground beef browned
- 1 can black beans drained and rinsed
- 1 jar black bean and corn salsa
- 10 tortillas corn or flour, cut into bite sized pieces
- 2 cups cheddar cheese shredded
- cheese extra, for the top, if desired

Nutrition:

1. Calories: 1140 calories
2. Carbohydrate: 108 grams
3. Cholesterol: 145 milligrams
4. Fat: 52 grams
5. Fiber: 13 grams
6. Protein: 58 grams
7. SaturatedFat: 24 grams
8. Sodium: 1990 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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