

# Cheesy Mexican Skillet Casserole

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-ground-beef-and-cheesy-casserole>

## Ingredients:

- 2 cups cooked rice any variety, quinoa would be great too
- 1 onion medium or large, diced
- 2 bell peppers diced
- 1 pound ground beef or turkey
- 15 ounces black beans can of, rinsed
- 15 ounces diced tomatoes can of
- 1 packet taco seasoning
- 1 cup sour cream or full fat greek yogurt
- 1 cup grated cheese I used cheddar
- 1 jalapeno pepper sliced, optional
- lime wedges optional
- tortilla chips optional

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 70 milligrams
4. Fat: 20 grams
5. Fiber: 8 grams
6. Protein: 21 grams
7. SaturatedFat: 9 grams
8. Sodium: 370 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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