

Mexican Ground Beef Casserole

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 1 1/2 pounds ground beef
- 1 medium yellow onion
- 1 green bell pepper
- garlic
- cumin
- red enchilada sauce
- black beans
- corn
- corn tortillas
- Mexican cheese
- 1 1/2 pounds ground beef
- 1 medium yellow onion diced
- 1 green bell pepper seeded and diced
- 2 cups corn frozen or canned
- 2 tablespoons minced garlic
- 3 teaspoons cumin
- 1 can black beans rinsed and drained
- 12 corn tortillas
- 3 cups shredded Mexican cheese

Nutrition:

1. Calories: 1050 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 225 milligrams
4. Fat: 57 grams
5. Fiber: 14 grams
6. Protein: 70 grams
7. SaturatedFat: 26 grams
8. Sodium: 1330 milligrams

9. Sugar: 8 grams
 10. TransFat: 2.5 grams
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