

Beef Taco Skillet Casserole

Yield: 5 min
Total Time: 25 min

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

Ingredients:

- 1 pound lean ground beef
- 1 packet taco seasoning
- 30 ounces black beans
- 1 jar salsa
- 3 tortillas cut into 2-inch thin strips
- 3/4 cup shredded cheese

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 75 milligrams
4. Fat: 13 grams
5. Fiber: 14 grams
6. Protein: 38 grams
7. SaturatedFat: 6 grams
8. Sodium: 1290 milligrams
9. Sugar: 2 grams

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