

Taco Casserole

Yield: 12 min
Total Time: 40 min

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

Ingredients:

- 1 pound ground beef
- 1 cup chopped onion
- 8 ounces taco sauce bottled
- 3/4 cup water
- 4 ounces diced green chiles
- 1 package taco seasoning mix
- 1 package taco shells 12 count, broken
- 2 cups shredded mild cheddar cheese divided
- chopped tomatoes optional
- green bell pepper optional
- sour cream optional

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 45 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 7 grams
8. Sodium: 530 milligrams
9. Sugar: 3 grams

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