

Mexican Beef Casserole

Yield: 6 min
Total Time: 10 min

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

Ingredients:

- 750 grams minced beef
- 1 onion
- 3 cloves garlic
- 1/2 red bell pepper
- 1 can tomato paste
- 8 stalks celery
- 3/4 cup beef stock
- fresh chives
- 1 parsnip
- olive oil
- 1 tablespoon spice Mexican
- 1/2 tablespoon chili cumin and cayenne powder together
- salt
- pepper

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 85 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 8 grams
8. Sodium: 450 milligrams
9. Sugar: 5 grams
10. TransFat: 1.5 grams

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