

Tortilla Chips Casserole

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/tortilla-chips-indian-recipe>

Ingredients:

- 1 onion large
- 1 pound ground beef
- 2 cloves garlic minced
- 1 1/2 cups vegetables Mexican, mix canned*
- 2 cups cooking sauce burrito, or chunky salsa
- 1/2 cup milk or sour cream
- 1 pinch cumin oregano, and paprika
- 2 cups grated cheddar cheese and/or Monterey Jack cheese
- 3 1/2 cups tortilla chips crushed, about 200 g; 7 oz
- black olives for garnish, optional

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 140 milligrams
4. Fat: 43 grams
5. Fiber: 4 grams
6. Protein: 41 grams
7. SaturatedFat: 20 grams
8. Sodium: 590 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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