

WALKING TACO CASSEROLE

Check out this super tasty Walking Taco Casserole Recipe. Succulent ground beef is the key ingredient in this Walking Taco Casserole Recipe.

Kitchen Tips

Tip 1: Substitute

Prepare using lean ground turkey.

Tip 2: Special Extra

Serve with a small dollop of BREAKSTONE'S or KNUDSEN Sour Cream.

Nutrition

Calories: 350% **Daily Value***Total Fat 20g: 26%Saturated Fat 9g: 45%

Trans Fat 1gCholesterol 95mg: 32%Sodium 720mg: 31%Total Carbohydrates 13g: 5%Dietary Fibers 2g: 7%Sugars 2g: 4%Protein 30g: 60%

Vitamin A: 35%Vitamin C: 6%Calcium: 20%Iron: 20%* Percent Daily Values are based on a 2,000 calorie diet.

To Make this Recipe You'll Need the following ingredients:

PLEASE, USE THE NEXT PAGE BUTTON BELOW FOR THE

RECIPE AND INGREDIENTS.

WALKING TACO CASSEROLE

Ingredients

- 1 lb Ground chicken, beef or turkey
- 1 small onion sliced
- 1/2 Can of Rotel (diced tomatoes with green chillies)
- 1 Packet of Taco seasoning
- 1 Bag of Frito Corn Chips
- 1 Can Black Beans, drained and rinsed
- 1 Can Enchilada Sauce (10 oz)
- 2 oz. Cream Cheese
- 2 C. Shredded Cheese



Directions

In a skillet brown the meat and onion. Add the Rotel and taco seasoning. Simmer until any liquid is evaporated. Add black beans and cream cheese. Turn off the heat and stir in the cream cheese until melted and combined. Stir in the enchilada

sauce.

Spray a 9×13 pan with cooking spray. Dump 1/2 of the bag of Fritos into the bottom of the pan. Top with 1/2 of the meat mixture and 1/2 of the shredded cheese. Repeat the layer Chips, meat, cheese.

Bake at 325 degrees for 20 minutes or until cheese is melted and casserole is heated through.

Source : usasillyyaks.blogspot.mx

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