

Taco Casserole

Makes 8 Servings

Ingredients:

- 1 lb extra lean ground beef chuck or round
- 1 medium onion chopped
- 1 packet taco seasoning low sodium
- 1/2 cup water
- 1 green bell pepper chopped
- 1 cup canned, low or no sodium diced tomatoes with juice
- 3/4 cup reduced fat cheddar cheese
- 6 medium corn tortillas
- 1 tbsp chopped cilantro

Directions:

1. Preheat oven to 350. Cook ground beef and onion (and cilantro, if desired).
2. Drain any excess fat.
3. Mix in packet of taco seasoning and 1/2 cup of water.
4. Add diced tomatoes and green bell pepper.
5. Remove from heat, and mix until well blended.
6. Put tortillas on bottom of 9X 13 baking dish, then add beef mixture.
7. Sprinkle with 1/2 of cheese and place whole tortillas on top and sprinkle with remaining cheese.
8. Place in oven until cheese is melted and tortillas are crisp.
9. Serve over a bed of lettuce and top with light sour cream, salsa, olives, and diced tomatoes (all optional).

Nutrition Facts

8 servings per container

Serving size (172g)

Amount per serving

Calories **160**

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 280mg **12%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 16g

Vitamin D 0mcg **0%**

Calcium 111mg **8%**

Iron 2mg **10%**

Potassium 311mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Family Conversation Starter:

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