

Beef

Beef and Bean Taco Casserole

Pillsbury Best One Dish Meals - February - 2011

Servings: 5

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes

1 pound lean ground beef
1 can (16 oz) refried beans
1 jar (16 oz) thick n chunky salsa
1 package (1 oz) lower-sodium taco seasoning mix
2 1/2 cups tortilla chips, coarsely broken
1/2 medium (3/4 cup) green bell pepper, chopped
4 medium (1/4 cup) green onions, sliced
2 medium (1 1/2 cups) tomatoes, chopped
1 cup (4 oz) Cheddar OR Monterey Jack cheese, shredded
1/4 cup sliced ripe olives
1 cup shredded lettuce

Preheat oven to 350 degrees.

In a 12-inch skillet, cook the beef over medium-high heat for 5 to 7 minutes, stirring occasionally, until thoroughly cooked. Drain skillet.

Stir in the refried beans, salsa and taco seasoning mix.

Reduce heat to medium. Heat to boiling, stirring occasionally.

In an ungreased 2-quart casserole, place two cups of the broken tortilla chips. Top evenly with the beef mixture. Sprinkle with the bell peppers, onions, one cup of the tomatoes, the cheese and the olives.

Bake, uncovered, for 20 to 30 minutes or until hot and bubbly and the cheese is melted.

Top the baked casserole with lettuce, the remaining tomatoes and remaining tortilla chips.

Per Serving (excluding unknown items): 852 Calories; 50g Fat (52.0% calories from fat); 25g Protein; 79g Carbohydrate; 9g Dietary Fiber; 68mg Cholesterol; 695mg Sodium. Exchanges: 5 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 8 1/2 Fat.