

Beef

Beefy Texas Cheddar Bake

Casserole Recipes

Servings: 8

1 1/2 pounds 90% lean ground beef

1 cup chopped onion

2 cans (10 1/4 oz) condensed tomato soup (preferably mexican style), undiluted

2 cups beef broth

1 pkg (6 oz) corn bread stuffing mix

1/4 cup (1/2 stick) butter, melted

2 teaspoons ground cumin

2 teaspoons chili powder

2 cups (8 oz) shredded Mexican cheese blend

Preheat oven to 350 degrees. Lightly coat 3-quart casserole with non-stick cooking spray.

Brown beef in large non-stick skillet over medium-high heat for six to eight minutes, stirring to break up meat. Drain all but 1 tablespoon of fat. Add onion; cook and stir two minutes or until translucent. Transfer to prepared casserole.

Mix soups, broth, stuffing mix, butter, cumin and chili powder in large bowl until combined. Spoon evenly over beef mixture. Top with cheese.

Bake thirty minutes or until heated through.

Per Serving (excluding unknown items): 52 Calories; 3g Fat (52.8% calories from fat); 3g Protein; 3g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 357mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.