

Beef

Mexican Casserole

Taste of Home April 2008

Servings: 6

Preparation Time: 20 minutes

Bake Time: 40 minutes

1 1/2 pounds ground beef

1 envelope taco seasoning mix

3/4 cup water

1 can (16 oz) refried beans

1/2 cup salsa

6 6-inch flour tortillas

2 cups frozen corn, thawed

2 cups (8 oz) cheddar cheese, shredded

Preheat oven to 350 degrees.

In a large skillet, cook beef over medium heat until no longer pink, drain. Stir in taco seasoning and water. Bring to a boil. Reduce heat; simmer, uncovered for 5 minutes.

Meanwhile, in a microwave-safe bowl, combine the beans and salsa. Cover and microwave for 1-2 minutes or until spreadable.

Place three tortillas in a greased round 2 1/2-qt baking dish. Layer with half of the beef, bean mixture, corn and cheese; repeat layers.

Bake, uncovered, at 350 degrees for 40-45 minutes or until cheese is melted. Let stand for 5 minutes. Serve with lettuce, tomatoes, olives and sour cream, if desired.

Cuisine: Mexican

Per Serving (excluding unknown items): 854 Calories; 49g Fat (51.3% calories from fat); 39g Protein; 64g Carbohydrate; 7g Dietary Fiber; 136mg Cholesterol; 1319mg Sodium. Exchanges: 4 Grain(Starch); 4 Lean Meat; 0 Vegetable; 7 Fat; 0 Other Carbohydrates.