

Mexican

Taco Casserole Supreme

Casserole Recipes

Servings: 8

2 pounds lean ground beef
1 large onion, chopped
1 large green bell pepper, chopped
2 pkg (1.25 oz) taco seasoning mix
1 cup water
1 pkg (16 oz) frozen whole kernel corn
1 jar (24 oz) chunky salsa, divided
1 pkg (8 oz) shredded sharp Cheddar cheese, divided

Preheat oven to 350 degrees. Line a 13x9x2-inch baking pan with non-stick aluminum foil with non-stick (dull) side toward food; set aside.

Brown ground beef, onion and pepper in a large skillet, over medium-high heat; drain. Stir in taco seasoning mix and water. Stir in corn; bring to a boil. Reduce heat and simmer ten minutes. Spoon half of mixture in bottom of foil lined pan. Top with 1 cup salsa and 1 cup cheese. Top with remaining meat mixture and salsa.

Bake thirty to thirty-five minutes or until bubbly. Sprinkle with remaining cheese; let stand five minutes. Serve with tortilla chips, if desired.

Per Serving (excluding unknown items): 407 Calories; 28g Fat (63.8% calories from fat); 25g Protein; 11g Carbohydrate; 1g Dietary Fiber; 100mg Cholesterol; 751mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 1/2 Other Carbohydrates.