

Beef

Taco Casserole

Betty Crocker Best-Loved Casserole

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes

1 pound lean ground beef
1 can (15 oz) chili beans in sauce, undrained
1 can (8 oz) organic tomato sauce
2 tablespoons taco sauce, picante sauce or salsa
3 teaspoons chili powder (can be adjusted to taste)
1 teaspoon garlic powder
2 cups tortilla chips, coarsely broken
8 medium (1/2 cup) green onions, sliced
1 medium (3/4 cup) tomato, chopped
1 Cup (4 Oz) Cheddar or Monterey Jack cheese, shredded

Preheat oven to 350 degrees.

In a 10-inch skillet, cook beef over medium-high heat for 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.

Reduce heat to medium. Stir in beans, tomato sauce, taco sauce, chili powder and garlic powder. Heat to boiling over medium heat, stirring occasionally.

In an ungreased 1 1/2-quart casserole, place tortilla chips. Top with beef mixture. Sprinkle with onions, tomato and cheese.

Bake, uncovered, 20 to 30 minutes or until hot and bubbly. If desired, arrange additional tortilla chips around edge of casserole.

Per Serving (excluding unknown items): 318 Calories; 24g Fat (67.9% calories from fat); 21g Protein; 4g Carbohydrate; 1g Dietary Fiber; 85mg Cholesterol; 86mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 Fat.