

Nachos Casserole

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*1 1/2 pounds ground beef
1 jar medium-hot salsa
1 large can refried beans
1 pint sour cream
1 envelope taco seasoning
mix
2 to 3 small tomatoes, diced
1 can black olives, chopped
1 to 2 bunches green
onions, chopped
avocado (optional),
chopped
cheddar cheese (for
topping)*

In a skillet, brown the ground beef. Drain the fat and crumble the beef. In a bowl, mix the ground beef with the salsa and refried beans.

Layer the beef mixture in the bottom of a casserole dish. In a bowl, mix the taco seasoning with the sour cream. Frost the meat mixture with the sour cream. Add layers of diced tomatoes, chopped olives, chopped green onions and chopped avocados, if using.

Sprinkle a generous helping of grated cheddar cheese over the top.

Serve with taco chips.

Per Serving (excluding unknown items): 3530 Calories; 281g Fat (71.9% calories from fat); 148g Protein; 99g Carbohydrate; 19g Dietary Fiber; 783mg Cholesterol; 4173mg Sodium. Exchanges: 3 Grain(Starch); 16 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 1/2 Non-Fat Milk; 46 1/2 Fat; 1 1/2 Other Carbohydrates.