
Taco Casserole

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 45 minutes

1 pound ground chuck

1/2 cup chopped onion

1 package (1.25 ounce) taco seasoning mix

1 can (16 ounce) chili beans in zesty sauce, undrained

1 can (8 ounce) tomato sauce

8 ounces (two cups) Colby cheese, shredded

5 cups (9 ounce) coarsely crushed Nacho cheese-flavor tortilla chips

Preheat the oven to 350 degrees.

In a large skillet over medium heat, cook the ground chuck with the onion, stirring often, until the beef crumbles and the onion is tender. Drain any fat. Stir in the taco seasoning, beans and tomato sauce.

Layer half each of the beef mixture, shredded cheese and tortilla chips in a lightly greased 13 x 9-inch baking dish. Repeat the procedure with the remaining beef mixture, shredded cheese and tortilla chips.

Bake, uncovered, until the casserole is thoroughly heated, 25 minutes.

Ground Beef, Mexican

Per Serving (excluding unknown items): 833 Calories; 64g Fat (69.7% calories from fat); 51g Protein; 12g Carbohydrate; 1g Dietary Fiber; 200mg Cholesterol; 1623mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 8 1/2 Fat; 0 Other Carbohydrates.