

This taco casserole with ground beef and tortilla chips is easy to make and very tasty. Substitute with ground turkey and low-fat dairy products, and it's still delicious! Serve this casserole with chips, salsa, and green salad.

### Ingredients:

- 1 pound lean ground beef or ground turkey
- 2 cups salsa
- 1 (16 ounce) can chili beans, drained
- 3 cups tortilla chips, crushed
- 2 cups sour cream
- 1 (2 ounce) can sliced black olives, drained
- ½ cup chopped green onion
- ½ cup chopped fresh tomato
- 2 cups shredded Cheddar cheese



### Instructions:

1. Preheat the oven to 350 degrees F (175 degrees C). Spray a 9x13-baking dish with cooking spray.
2. Heat a large skillet over medium-high heat. Cook and stir ground beef in the hot skillet until browned and crumbly, 8 to 10 minutes.
3. Stir in salsa, reduce heat, and simmer until liquid is absorbed, about 20 minutes. Stir in beans; cook until heated through.
4. Spread crushed tortilla chips over the bottom of the baking dish; spoon beef mixture on top. Spread sour cream over

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Recipe source <https://www.allrecipes.com/recipe/20680/easy-mexican-casserole/>

- beef, then sprinkle olives, green onion, and tomatoes on top.  
Cover with Cheddar cheese.
5. Bake in the preheated oven until hot and bubbly, about 30 minutes.
  6. Serve and enjoy!

## Nutrition:

Servings Per Recipe 6 Calories 632% Daily Value \*Total Fat 44g  
56% Saturated Fat 23g 113% Cholesterol 119mg 40%  
Sodium 1308mg 57%Total Carbohydrate 33g 12% Dietary  
Fiber 6g 22%Total Sugars 6g Protein 32g 63%Vitamin C 8mg 9%  
Calcium 451mg 35% Iron 4mg 19% Potassium 926mg 20%

Nutrition is provided as a courtesy and is an estimate. If this  
information is important to you, please have it verified  
independently.