



Southwestern Taco Casserole

It's a quick way to make family dinner and top with a lettuce salad

- 1 pound ground lean beef or wagyu blend beef
- 1 large onion, diced
- 1 (1 oz.) taco seasoning package
- 1 (15 ounce) jar mild salsa
- 1 (16 oz.) can black beans, drained and rinsed
- 1 Tablespoon balsamic vinegar
- 3 Tablespoons water
- 2/3 cup frozen corn niblets, rinsed
- 1/2 cup plain unsweetened yogurt or sour cream
- 2 cups shredded mixed Mexican cheeses
- 4 spinach herb flour (carb balance) tortillas
- Fresh cilantro, minced as desired,
- 1 cup shredded lettuce
- 2 Roma tomatoes, seeded, diced

- In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain excess drippings.

- Stir in dry taco seasoning mix, salsa, beans, vinegar, water, corn, and yogurt or sour cream.
- Spoon 1/3 of meat mixture on bottom of 2-quart baking dish; sprinkle with 1/3 of grated cheese.
- Layer 2 tortillas on top of meat. (cut if needed to fit the baking dish).
- Continue with next layer using 1/3 cup meat mixture; 1/3 of the cheese; top with layers of 2 tortillas.
- Layer the remaining meat mixture and sprinkle the remaining cheese over the top of the casserole.
- Cover the baking dish with foil that has been sprayed with non-stick cooking spray.
- Bake at 400 degrees F. for 25 minutes or until hot & bubbly.
- Let stand for 5 minutes before sprinkling with minced cilantro.
- Serve with shredded lettuce and diced tomatoes. Yield: about 6 servings

GG recipe Inspired by: Six Sisters Stuff, Cheesy Beef Enchilada Casserole Recipe
<https://www.sixsistersstuff.com/category/recipes/>

About the Recipe: Don't worry about individual servings. With this dish, all the ingredients are layered in one pan except for the cilantro, tomatoes, and lettuce. Those salad ingredients are served with the casserole to be sprinkled over as desired. This is a great family dinner dish or perfect potluck dinner bring-along.