

BEEFY NACHO CASSEROLE

INGREDIENTS

1 pound ground beef	1 cup corn (from a can or frozen)
1 cup onion, chopped	sea salt (to taste)
1 ounce taco seasoning	black pepper (to taste)
1 cup salsa, thick and chunky	tortilla chips
1/2 cup taco sauce	8 ounces Mexican cheese blend (shredded; or a Cheddar Jack blend)
1 15-ounce can black beans (drained and rinsed)	

PROCEDURE

Preheat the oven to 350 F.

Lightly grease a 2 1/2- to a 3-quart baking dish.

In a large skillet over medium heat, brown the ground beef.
Pour off any excess fat, if desired.

Add the onions and continue cooking, stirring, until onion is softened. Stir in taco seasoning, salsa, taco sauce, beans, and corn.

Bring to a simmer and simmer for 5 minutes.

Add salt and pepper, as needed.

Spread half of the beef mixture in the prepared casserole. Top with half of the cheese and half of the chips. Spoon the remaining meat mixture evenly over the chip later. Top with the remaining cheese and then the chips.

Bake for about 10 to 12 minutes, or until the cheese has melted.

Additional toppings:
cilantro, green chili peppers, tomatoes, pico de gallo, sour cream, avocado, guacamole, red onions, shredded lettuce

*Can omit any ingredients depending on any dietary restrictions.

NATURAL HEALTH

2000 Jefferson St. Quincy, IL 62301
(217) 228-2040