



Nacho Casserole



1/6th of casserole: 223 calories, 6g total fat (3g sat. fat), 648mg sodium, 17g carbs, 4.5g fiber, 3g sugars, 23g protein

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Prep: 5 minutes **Cook:** 25 minutes



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Ingredients

1 lb. raw extra-lean ground beef (at least 96% lean)
One 15-oz. can fat-free refried beans
1/2 cup salsa
1/2 cup shredded reduced-fat Mexican-blend cheese
1/3 cup light sour cream
1/3 cup sliced scallions
Optional topping: sliced jalapeños

Seasoning:

1 tbsp. taco seasoning

Directions

Preheat oven to 375 degrees. Spray an 8" X 8" (or similar) baking pan with nonstick spray.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef and 2 tsp. taco seasoning. Cook and crumble until fully cooked, about 5 minutes. Transfer to the baking pan.

In a medium bowl, mix beans with remaining 1 tsp. taco seasoning. Spread mixture over the cooked beef. Top with salsa and cheese.

Bake until entire dish is hot and bubbly and cheese has melted, about 20 minutes.

Serve topped with sour cream and scallions.

MAKES 6 SERVINGS

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