



Taco Casserole



prep time
20 minutes



total time
1 hr, 15 min



servings
8

Ingredients

- 1 lb./450 grams lean ground beef
~ 12.5 protein servings
- ½ medium onion, diced
~ ½ veggie serving
- 1 small bell pepper, diced
~ 1 veggie serving
- 2 small zucchini, diced
~ 2 veggie servings
- 3 cloves garlic, peeled and minced
(may substitute a scant ½ tsp garlic powder)
- 2 Tablespoons taco seasoning
(combine: 2 tablespoons chili powder,
2 teaspoons ground cumin, 1 ½
teaspoons garlic powder, ½ teaspoon
onion powder, 1 teaspoon dried
oregano, ¼ teaspoon paprika,
1 teaspoon sea salt, ¼-½ teaspoon
cayenne pepper)
- 1 (14-oz./420 grams) can fire-roasted
diced tomatoes ~ 4.5 veggie servings
- 1 (6-ounce/180 grams) can tomato
paste ~ 2 veggie servings
- 2 ¾ cups beef broth
- ½ cup frozen corn ~ 1 carb serving
- 1 (15-oz./450 grams) can black beans,
drained and rinsed ~ 4.5 protein
servings, 4.5 carb servings
- 1 cup uncooked long-grain white rice
(such as American long-grain, basmati,
or jasmine rice) ~ 7 carb servings
- 1 ½ cups (6 ounces/180 grams)
shredded cheddar cheese or Monterey
jack cheese, divided ~ 6 protein
servings, 4 fat servings

Optional toppings: Salsa, diced avocado, sour cream, fresh cilantro, lime wedges, pickled jalapeños, etc.

 easy & budget friendly

Instructions

- 1 Preheat the oven to 375°F. Spray a 9×13-inch baking dish with cooking spray and set aside.
- 2 Place a large skillet over medium-high heat. Once hot, spray the pan with cooking spray then add the ground beef, onion, and bell pepper. Use a spatula to break up the meat and cook until the beef is just barely pink and onions and peppers have softened. About 8 minutes.
- 3 Add zucchini, garlic, and taco seasoning. Stir and cook an additional 3-4 minutes or until zucchini is just barely tender.
- 4 Remove from heat and drain excess fat from beef mixture if there is quite a bit. Transfer the meat and veggie mixture to the greased baking dish.
- 5 Add the diced tomatoes, tomato paste, beef broth, drained beans, corn, rice, and ½ cup shredded cheese to the baking dish and stir to combine.



- 6 Cover the baking dish with foil and bake for 50-65 minutes or until the rice is tender. Be sure to test the recipe for tenderness and add additional time if needed. Remove the foil and sprinkle remaining cheese over the top and continue to bake for 5-10 minutes or until the cheese is bubbly.
- 7 Allow the hot dish to stand for 5 minutes before serving with toppings of choice.

Whole Recipe Breakdown:
23 Servings Protein
12.5 Servings Carb
4 Servings Fat
10 Servings Veggies

