

## Scalloped Tex-Mex Casserole

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 1 hour

Serves: 5 to 7

**CChints:** A way to save time and take advantage of ground beef when it goes sale it to buy several pounds. Brown and drain the meat. Divide into 1 pound portions and store them in freezer bags in the freezer. Make sure you date each bag for 6 months out. Anytime you need ground beef for a recipe, open the freezer, take it out of the bag and put it in a microwave safe container for 1 minute at a time until it is thawed or use the thaw settings on your microwave.



2-1/4 cups water, divided

2 Tablespoon taco seasoning, mild or hot

1 pound lean ground beef, cooked and drained

5 ounce box Au Gratin or 3 Cheese Potatoes mix

1/2 cup skim or low fat milk

1 cup frozen corn, thawed

1/2 cup canned black beans, rinsed and drained

1/2 cup yellow onion, chopped

2/3 cup red bell pepper, diced or 1/3 cup red and 1/3 cup orange bell pepper, diced

Salt and pepper to taste

1 cup shredded Mexican blend cheese

Optional salad with your favorite dressing that goes with Tex Mex food

Garnish with black olives and reduced fat sour cream

Heat the oven to 400 degrees F and locate a 2 quart casserole dish.

Pour 1 cup water into a saucepan and add the taco seasoning and cooked ground beef. Bring to a boil, cover and reduce heat to a simmer for 15 minutes. During this time prepare the vegetables for this recipe.

Pour the 1-1/2 cups water into a microwave safe container and microwave for 2 minutes. Pour into the 2 quart casserole dish. Add the potato mix from the box and the potatoes. Pour the liquid and the meat into the casserole dish. Stir in everything through the salt and pepper. Bake, covered for 25 minutes. Sprinkle the cheese on top and bake uncovered for 20 minutes or until the top is a golden brown.

During this time, prepare your salad, set the table and maybe do some kitchen clean up. Remove from the oven and let stand for 5 minutes. Put servings on plates and top with black olives and sour cream.

Enjoy!