



## MEXICAN BEEF CASSEROLE

(Easy and tasty is this casserole and encases all the flavors of what a good Mexican dish is suppose to have! Give this one a try.)

### Ingredients:

1 lb extra lean ground beef  
1 medium onion chopped  
1 can kernel corn drained  
1 can black beans rinsed and drained  
1 pkg taco seasonings mix  
8 to 12 corn tortillas  
3/4 cup nonfat sour cream  
1/3 cup Mexican blend or taco cheese shredded  
Sliced jalapeno peppers

### Directions:

Brown ground beef and onions together for about 10 to 12 minutes, drain.  
Add corn,beans,tomatoes and taco seasonings mix well and simmer for 5 minutes.  
Spray baking dish 2 quart 8x12 inches.  
Place half of tortillas in bottom.  
Spoon half of beef mixture on top, place sour cream over beef. Then layer last tortillas and then beef mixture.  
Place in heated 350 degree F. oven and bake for 25 minutes remove from oven and and sprinkle with cheese and add sliced jalapeno peppers on top.  
Cook for another 5 minutes or till cheese is melted. Let stand for 5 minutes and serve.

[Petrova Grier Tillery](#) shared [Chef Ron Lock's photo](#).