



Beef and Bean Taco Casserole

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



8

CALORIES



651 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 avocado diced
- 15 ounce pinto beans rinsed canned
- 3 tablespoons chili powder
- 5 ounces tortilla chips yellow plus more for serving
- 4 cloves garlic minced
- 1.5 pounds ground beef
- 1.5 teaspoons ground cumin
- 1 cup iceberg lettuce shredded

- 8 servings kosher salt and pepper black freshly ground
- 3 cups cheddar and monterey jack blend shredded
- 1 medium onion diced finely
- 1 teaspoon oregano dried
- 0.3 cup jalapeño peppers chopped
- 2 plum tomatoes diced
- 2 cups tomato salsa jarred plus more for serving
- 1 cup cup heavy whipping cream sour for easy dolloping well
- 2 tablespoons vegetable oil plus more for greasing dish

Equipment

- frying pan
- oven
- casserole dish

Directions

- Preheat the oven to 375 degrees F. Lightly oil a 9-by-13-inch casserole dish.
- Heat the oil in a large skillet over high heat. When the oil is shimmering, add the beef and sprinkle with the chili powder, cumin, oregano, 1 teaspoon salt and a few grinds of pepper. Cook, breaking up the meat into smaller pieces, until browned, about 5 minutes.
- Add the onions and garlic and cook until the onions are soft, about 5 minutes more.
- Add the beans, salsa and 1/2 cup water and bring to a simmer; cook until the sauce thickens and coats the meat, about 5 minutes.
- Add salt and pepper to taste. (This beef-and-bean mixture can be made up to a day ahead of time.)
- Lay half the tortilla chips on the bottom of the oiled casserole dish.
- Spread half the meat mixture on top.
- Sprinkle half the cheese blend over the meat. Repeat with the remaining chips, meat and cheese.
- Bake uncovered until the cheese melts and the casserole is hot, about 20 minutes.

Top with sour cream, lettuce, tomato, avocado and pickled jalapenos if desired.

Serve with more salsa and tortilla chips on the side.

Nutrition Facts

PROTEIN 19.08% **FAT 61.66%** **CARBS 19.26%**

Properties

Glycemic Index:39.88, Glycemic Load:4.59, Inflammation Score:-9, Nutrition Score:25.302608728409%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 651.45kcal (32.57%), Fat: 45.44g (69.91%), Saturated Fat: 19g (118.72%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 24.65g (8.96%), Sugar: 6.13g (6.81%), Cholesterol: 115.06mg (38.35%), Sodium: 724.87mg (31.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.64g (63.28%), Phosphorus: 483mg (48.3%), Calcium: 454.16mg (45.42%), Zinc: 5.96mg (39.71%), Vitamin B12: 2.23µg (37.2%), Vitamin A: 1799.94IU (36%), Vitamin B6: 0.64mg (32.04%), Selenium: 22.11µg (31.59%), Fiber: 7.28g (29.11%), Iron: 4.96mg (27.58%), Vitamin E: 4.13mg (27.52%), Vitamin K: 28.87µg (27.49%), Vitamin B3: 5.43mg (27.17%), Vitamin B2: 0.45mg (26.54%), Potassium: 870.44mg (24.87%), Manganese: 0.48mg (23.96%), Magnesium: 88.35mg (22.09%), Copper: 0.37mg (18.61%), Folate: 57.9µg (14.48%), Vitamin C: 11.79mg (14.3%), Vitamin B5: 1.33mg (13.33%), Vitamin B1: 0.19mg (12.39%), Vitamin D: 0.34µg (2.26%)