

DINNER

La Bamba Casserole

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$2.49	330 kcal



La Bamba Casserole is a main course that serves 6. One serving contains 330 calories, 31g of protein, and 12g of fat. For \$2.49 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 10 ounce diced tomatoes and green chiles, undrained
canned
- ☐ 2 cups frozen whole-kernel corn, thawed
- ☐ 5¼ ounce whole green chiles, drained
canned
- ☐ ½ teaspoon ground cumin
- ☐ 1 cup chopped onion
- ☐ 2 teaspoons chili powder
- ☐ 2 garlic cloves, minced
- ☐ ½ cup chopped green onions
- ☐ 1 pound ground turkey breast
- ☐ 16 ounce fat-free refried beans
canned

☐ ¼ teaspoon salt

☐ 6 ounces 1/2 cups shredded cheddar cheese

☐ 1 cup chopped tomato

EQUIPMENT Frying pan, Oven, Baking pan

Method

- 1 Preheat oven to 37
- 2 Cut green chiles in half lengthwise. Arrange chiles in a single layer in an 8-inch square baking dish coated with cooking spray.
- 3 Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- 4 Add turkey, onion, chili powder, cumin, salt, and garlic; saut 5 minutes, stirring to crumble.
- 5 Add diced tomatoes; cook 5 minutes or until liquid evaporates.
- 6 Spoon turkey mixture over chiles. Top with corn. Carefully spread beans over corn.
- 7 Sprinkle cheese over beans.
- 8 Bake at 375 for 30 minutes.
- 9 Let stand 5 minutes; top with chopped tomato and green onions.

Nutrition per serving

330
KCAL

31 g
PROTEIN

12 g
FAT

26 g
CARBS

Saturated Fat	6 g · 38% of daily needs
Fibre	6.8 g · 27% of daily needs
Sugar	8.5 g · 9% of daily needs
Sodium	1,043 mg · 45% of daily needs
Cholesterol	69.9 mg · 23% of daily needs
Vitamin C	21 mg · 25% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/la-bamba-casserole-148539