



Mexican Beef and Bean Casserole



Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



641 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound ground beef
- ☐ 30 ounces pinto beans canned
- ☐ 8 ounces tomato sauce canned
- ☐ 0.5 cup mild cheddar cheese thick
- ☐ 1 teaspoon chili powder
- ☐ 4 ounces monterrey jack cheese shredded

Equipment

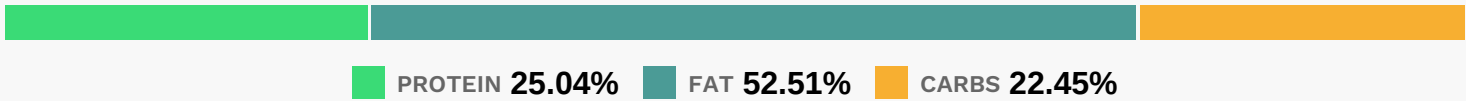
- ☐ frying pan

- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat the oven to 375°.
- ☐ Cook the beef in the skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
- ☐ Rinse and drain the beans in a strainer.
- ☐ Mix the beef, beans, tomato sauce, salsa and chili powder in the ungreased baking pan.
- ☐ Cover with lid or aluminum foil and bake 40 to 45 minutes, stirring once or twice, until hot and bubbly. Carefully remove the lid, and sprinkle cheese over the top. Continue baking uncovered about 5 minutes or until the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:11.24, Inflammation Score:-7, Nutrition Score:26.733913100284%

Nutrients (% of daily need)

Calories: 640.77kcal (32.04%), Fat: 37.5g (57.7%), Saturated Fat: 17.11g (106.95%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 25.27g (9.19%), Sugar: 4.41g (4.9%), Cholesterol: 119.87mg (39.96%), Sodium: 1185.23mg (51.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.24g (80.47%), Phosphorus: 582.15mg (58.22%), Zinc: 7.45mg (49.64%), Vitamin B12: 2.81µg (46.86%), Calcium: 441.28mg (44.13%), Fiber: 10.81g (43.22%), Manganese: 0.76mg (38.06%), Selenium: 25.56µg (36.51%), Iron: 6.18mg (34.35%), Potassium: 1105mg (31.57%), Vitamin B6: 0.62mg (31.09%), Vitamin B3: 6.02mg (30.08%), Magnesium: 110.16mg (27.54%), Copper: 0.5mg (24.88%), Vitamin B2: 0.42mg (24.49%), Vitamin E: 2.86mg (19.09%), Folate: 72.28µg (18.07%), Vitamin A: 753.3IU (15.07%), Vitamin B1: 0.18mg (12.17%), Vitamin B5: 1.16mg (11.56%), Vitamin K: 9.67µg (9.21%), Vitamin C: 5.46mg (6.62%), Vitamin D: 0.37µg (2.45%)