

## **Beef Taco Casserole**

*(Serves 4-6)*

1 lb Ground Beef  
12 oz Chunky Salsa  
1 Cup Corn Kernels, canned or frozen then thawed  
¼ Cup Miracle Whip  
2 Tbsp Taco Seasoning  
2 Cups, Tortilla Chips, lightly crushed  
2 Cups, Cheddar Cheese, shredded

### Garnish (optional)

- 2 Cups, Iceberg Lettuce, shredded
- 1 Cup Tomatoes, diced
- ½ Cup Sour Cream
- ½ Cup Cilantro, chopped

### Method:

1. Heat oven to 350°F.
2. Brown meat and drain.
3. Stir in salsa, corn, miracle whip and taco seasoning.
4. Layer ½ of each meat, chips, and cheese in 2 qt casserole dish. Repeat layers.
5. Bake for 20-30 minutes or until heated through.
6. Allow to rest for 10 minutes before serving.
7. When serving, top with optional garnishes as listed above.



**NOTE:** You can add extra veggies or favourite nacho toppings to the beef layer. For example, add onions, peppers, mushrooms and olives just to add extra nutrients. That's the beauty behind the casserole, you can tailor it to your own tastes.