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# Frito Taco Bake Recipe

Cooking spray  
1 medium onion, (diced)  
1 medium green pepper,  
(diced)  
1 pound ground beef, (80/20)  
1 teaspoon chili powder  
1 1/2 teaspoons ground  
cumin  
1/4 teaspoon smoked paprika  
1/2 teaspoon garlic powder  
1 teaspoon salt  
1/4 teaspoon black pepper,  
(you can substitute with  
cayenne pepper if you prefer  
the chili to be spicier)  
1 8 ounce can tomato sauce  
1/4 cup water  
1 can kidney or pinto beans,  
(rinsed and drained)  
2 cups shredded cheddar  
cheese, (divided)  
4 cups fritos corn chips  
2 scallions, (chopped)

- ➊ Preheat the oven to 350 degrees and heat a large skillet over medium-high heat and spray well with cooking spray.
- ➋ Add onions, peppers and ground beef to the pan and saute for 5-7 minutes until the beef is browned and the vegetables have softened. Use the spoon to break up the ground beef and stir everything periodically. Drain the grease.
- ➌ Add chili powder, cumin, smoked paprika, garlic powder, salt, pepper, tomato sauce, water and beans and stir well to combine.
- ➍ Reduce the heat to medium low and simmer for 10 minutes stirring often.
- ➎ Transfer to a deep dish pie plate or a 9 x 9 inch baking pan.
- ➏ Sprinkle with 1 1/2 cups shredded cheddar.
- ➐ Top with Fritos and then sprinkle on the remaining 1/2 cup shredded cheddar.
- ➑ Bake for 15-20 minutes or until the cheese is melted and bubbly. Sprinkle with chopped scallions and serve immediately.