
Walking Taco Casserole

1 lb extra lean ground beef
(or ground turkey)

1 packet low-sodium taco
seasoning

1 cup salsa (choose your
preferred level of spiciness)

1 can (15 oz) black beans,
drained and rinsed

1 cup frozen corn kernels

2 cups crushed baked tortilla
chips (or whole grain tortilla
chips)

1 cup reduced-fat shredded
cheese (cheddar, Monterey
Jack, or a blend)

Optional toppings: diced
tomatoes, sliced black olives,
chopped green onions,
jalapenos, Greek yogurt (or
low-fat sour cream), avocado

1 Preheat your oven to 375°F (190°C). Lightly grease a 9×13-inch baking dish with cooking spray.

2 In a large skillet, cook the ground beef over medium heat until browned and cooked through, breaking it apart with a spatula. Drain any excess fat.

3 Stir in the taco seasoning and cook for an additional 1-2 minutes, until the beef is evenly coated with the seasoning.

4 In the prepared baking dish, layer half of the crushed tortilla chips on the bottom.

5 Spread half of the cooked ground beef mixture over the tortilla chips.

6 Layer half of the salsa, black beans, and corn over the beef mixture.

7 Sprinkle half of the shredded cheese over the top.

8 Repeat the layers with the remaining crushed tortilla chips, ground beef mixture, salsa, black beans, corn, and shredded cheese.

9 Cover the baking dish with aluminum foil and bake in the preheated oven for 20-25 minutes, until the cheese is melted and bubbly.

10 Remove the foil and let the casserole cool for a few minutes before serving.

11 Top with your favorite taco toppings such as diced tomatoes, sliced black olives, chopped green onions, jalapenos, Greek yogurt (or low-fat sour cream), and avocado.

12 Serve the Walking Taco Casserole warm and enjoy the delicious flavors of a classic taco in a convenient casserole format.