

TEX-MEX CASSEROLE

1 to 1 ½ pounds ground beef or turkey

½ onion, chopped (optional)

1 16 oz. can beans (kidney, pinto or black bean)

1 packet taco seasoning

2 cups salsa

3 cups tortilla chips, crushed (**or** 8 soft corn tortillas cut in half and into strips)

½ to 1 cup chopped tomato

2 cups shredded Cheddar or Mexican mix cheese

1. Preheat oven to 350 degrees.
2. Brown ground meat in pan with chopped onion until no longer pink. Stir in drained beans, taco seasoning and salsa. Simmer 10 - 20 minutes.
3. Spray 9 X 13 baking dish with cooking spray and spread crushed tortilla chips over bottom. (*If using soft corn strips, mix them into the meat mixture.*) Spoon meat mixture into the pan. Sprinkle with chopped tomatoes and cover with shredded cheese.
4. Bake in pre-heated 350° oven for 30 minutes or until bubbly.