Dinner Tonight!

Taco Casserole

1 pound extra lean ground beef
1 medium onion, chopped
1 packet taco seasoning
1 green bell pepper, chopped
1 cup canned diced tomatoes (with juice)
1 cup shredded low-fat cheddar cheese
6 medium whole-wheat tortillas
1 tablespoon cilantro (optional)
1/2 cup water

Preheat oven to 350°. Cook ground beef and onion (and cilantro, if desired). Drain any excess fat. Mix in packet of taco seasoning and 1/2 cup of water. Add diced tomatoes and green bell pepper. Remove from heat, and mix until well blended. Put tortillas on bottom of a 9 X 13 baking dish, then add beef mixture. Sprinkle with 1/2 of cheese and place whole tortillas on top and sprinkle with remaining cheese. Place in oven until cheese is melted and tortillas are crisp.

Serve over a bed of lettuce and top with light sour cream, salsa, olives and diced tomatoes (all optional).

Preparation Time: 20 minutes
Cook Time: 15-20 minutes
Serves: 8

Nutrition facts per serving
Calories: 210
Total Fat: 6 g
Cholesterol: 35 mg
Sodium: 370 mg
Total Carbohydrate: 20 g
Protein: 18 g

Cost per serving for 6 people is $1.50 and for 8 it is $1.05