

Taco Casserole



Craving a quick, flavorful meal? This Taco Casserole combines lean beef, black beans, and melty cheese for a comforting, protein-packed dish ready in 30 minutes. Topped with fresh garnishes, it's perfect for [meal prep](#) or a family dinner that'll please everybody.

Preparation 5 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 500

Fat 19

Carbohydrates 41

Fibre 12

Protein 41

Sodium 1060

Ingredients

- 15 ml (1 tbsp) olive oil
- 450 g (1 lb) extra lean ground beef
- 30 ml (2 tbsp) taco seasoning*
- ½ white onion, finely chopped
- 1 can (540 ml / 19 oz) black beans, low sodium, rinsed and drained

- 125 ml (½ cup) tomato sauce of choice
- 150 g (5½ oz) low-fat mozzarella cheese (15% M.F.), shredded
- 60 g (2 oz) pickled jalapeños, sliced
- Cherry tomatoes, quartered, to taste
- Green onions, thinly sliced, to taste
- Fresh cilantro, chopped, to taste

Preparation

1. Preheat the oven to 350° F (180 °C).
2. In a large skillet, heat the olive oil over medium heat. Add the ground beef and taco seasoning. Cook, stirring, for about 5 minutes.
3. Add the onion and cook for 2 minutes, or until translucent.
4. Stir in the black beans, corn, and tomato sauce. Cook for 3 minutes, stirring frequently. If the mixture is too thick, add a bit more tomato sauce for a smoother texture.
5. Transfer the beef mixture to a casserole dish. Top with shredded cheese and bake for 15 minutes, or until the cheese is fully melted.
6. Garnish with pickled jalapeños, cherry tomatoes, green onions, and fresh cilantro. Serve warm.

Notes

Store in an airtight container in the refrigerator for up to 4 days. Can be frozen for up to 3 months.

*For a gluten-free meal, make sure to choose a certified gluten-free seasoning mix.



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