



# BEEFY TACO CASSEROLE

with Mixed Green Salad

PREP: 10 MIN  
TOTAL: 35 MIN

LEVEL 1

NUT  
FREE



## HELLO

### MEXICAN SPICE BLEND

A mix of mild spices and fragrant oregano

#### INGREDIENTS:

- Yellow Onion
- Garlic
- Scallions
- Ground Beef
- Mexican Spice Blend
- Southwest Spice Blend
- Diced Tomatoes
- Flour Tortillas (Contains: Wheat)
- Monterey Jack Cheese (Contains: Milk)
- Lime
- Grape Tomatoes
- Mixed Greens
- Sour Cream (Contains: Milk)

#### FOR 4 PEOPLE:

- 1
- 4 Cloves
- 4
- 12 oz
- 1 TBSP
- 2 tsp
- 2 cans
- 6
- 1 Cup
- 1
- 4 oz
- 6 oz
- 8 TBSP

#### NUTRITION PER SERVING

597 cal | Fat: 33 g | Sat. Fat: 14 g | Protein: 30 g | Carbs: 40 g | Sugar: 9 g | Sodium: 592 mg | Fiber: 5 g

## START STRONG

When assembling the casserole, layer just enough filling and cheese to reach from edge to edge of the baking dish. That way, you'll still have plenty left by the time you get to the last layer.



## BUST OUT

- Small baking dish
- Large bowl
- Large pan
- Olive oil (1 tsp)
- Oil (2 tsp)

### 1 PREHEAT AND PREP

#### Wash and dry all produce.

Preheat oven to 425 degrees. Halve, peel, and finely chop **onion**. Mince or grate **garlic**. Thinly slice **scallions**.

### 2 COOK BEEF

Heat a drizzle of **oil** in a large pan over high heat. Add **ground beef** and break up into pieces with a spatula or wooden spoon. Cook until browned, 4-5 minutes. Stir in **Mexican spice blend** and season with **salt** and **pepper**. Remove from pan and set aside.

### 3 MAKE FILLING

Add **onions, garlic**, and a drizzle of **oil** to same pan over medium heat. Cook until softened, 4-5 minutes. Stir in **2 tsp Southwest spice blend** (we sent more) and half the **scallions**. Cook until fragrant, about 30 seconds. Stir in **diced tomatoes** and **ground beef**. Season with **salt** and **pepper**.



### 4 ASSEMBLE CASSEROLE

Place a layer of filling in a small baking dish (ours is 11 x 7). Top with 2 **tortillas**, tearing to fit. (**TIP:** It's OK if tortillas don't cover filling completely.) Add a layer of **Monterey Jack cheese**. Repeat with three more layers, finishing with a layer of filling and cheese.

### 5 BAKE CASSEROLE AND MAKE SALAD

Bake **casserole** until melted and bubbling, 5-7 minutes. (**TIP:** For a golden and crispy top, heat broiler to high and broil casserole a further 2-3 minutes.) Meanwhile, halve **lime**. Halve **grape tomatoes**. Toss **mixed greens** and grape tomatoes in a large bowl with a squeeze of **lime** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

### 6 FINISH AND SERVE

Sprinkle casserole with remaining **scallions**. (**TIP:** If you have time, let rest a few minutes for cleaner slices.) Cut casserole into slices and serve with **salad** and a dollop of **sour cream** on the side.

## MONUMENTAL!

Next time, make it enchilada-style with rolled-up tortillas in a row.

