

Cheesy Taco Casserole from bowl-me-over.com

1 pound lean ground beef

1 yellow onion diced

1 14.5 oz black beans drained

1 packet taco seasoning

½ cup white rice

¾ cup water

1 cup frozen corn can substitute drained canned corn.

1 14.5 rotel tomatoes with chilies

1 ½ cup corn chips Doritos, Fritos Tostitos - just use your favorite corn chip!

1 ½ cups shredded cheddar cheese

** Optional Toppings - salsa, sour cream, jalapenos, minced cilantro, chopped tomatoes, olives

Directions

Preheat the oven to 375 degrees. Prepare a 9x13 casserole dish by spraying with non-stick cooking spray, set aside.

In a large skillet over medium heat - brown the ground beef, drain.

Add the onions and drained black beans. Sprinkle with taco seasoning and mix together well.

Top with the rice. Add the water, drained corn and canned tomatoes. Mix to combine. Pour into the prepared casserole dish and cover tightly with aluminum foil. Bake for 40-45 minutes or until the rice is tender.

Remove the cover and sprinkle with chips, top with cheese. Cover until the cheese melts or place under the broiler for 2-3 minutes.

Serve topped with your favorite toppings! Salsa, sour cream, jalapenos, minced cilantro, chopped tomatoes or olives!