

Tex Mex Casserole

with Cheddar Buds®

Group: Entrees

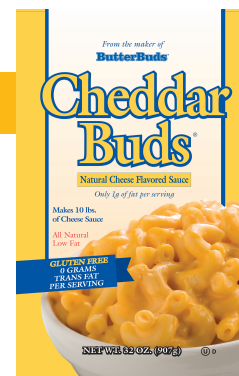
Number of Portions: 17

Size of Portions: 3/4 Cup

INGREDIENTS

MEASURE

Ground Beef Crumbles	2 lbs.
Potatoes O'Brien, Ore Ida	32 oz.
Cheddar Buds, Dry	1 Cup
Hot Tap Water	3 Cups
Taco Seasoning, Low Sodium	2 Tbsp. + 1 tsp.
Black Beans, Rinsed and Drained	15 1/4 oz.
Corn, Drained	1 pint



PREPARATIONS

Heat oven to 350°F. Spray a 13"x9" pan with Buttermist.

Spray a large pot with Buttermist. Add Potatoes O'Brien and cook for about 10 minutes. Stir frequently. Add ground beef to the pot.

Whisk Cheddar Buds and hot tap water together to reconstitute. Add taco seasoning and stir to blend. Add to beef/potatoes.

Drain and rinse black beans. Drain corn. Add to beef/potatoes. Pour into prepared 13"x9" pan.

Bake uncovered for 30 minutes. Hold at temperature for serving.

Nutritional Information

Nutrients are based upon 1 Portion Size: 3/4 Cup

Calories	287 kcal	Cholesterol	50.60 mg	Protein	18.29 g	Calcium	30.94 mg	31.97% Calories from Total Fat
Total Fat	10.19 g	Sodium	516.03 mg	Vitamin A	27.87 RE	Iron	2.25 mg	11.23% Calories from Saturated Fat
Saturated Fat	3.58 g	Carbohydrate	21.72 g	Vitamin A	160.17 IU	Water¹	101.69 g	0.00%* Calories from Trans Fat
Trans Fat¹	0.65 g	Dietary Fiber	2.89 g	Vitamin C	4.28 mg	Ash¹	1.47 g	30.29% Calories from Carbohydrates
								25.51% Calories from Protein

Allergens

Contains milk

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values



HACCP Process: #2 Same Day Service

6.4.2015