



Tex Mex Cassarole

10 servings

45 minutes

Ingredients

1 cup Dry Red Lentils
907 grams Lean Ground Beef
1 Yellow Onion (Chopped)
3 pieces Garlic Clove (Minced)
3/4 cup Frozen Corn
1 can Black Beans (Rinsed)
1 Red Bell Pepper (Diced)
1 can Tomato Paste
3 tbsps Smoked Paprika
2 tbsps Cumin
2 tbsps Chili Powder
1 tbsp Apple Cider Vinegar
1 tbsp Maple Syrup
2 tsps Sea Salt
1 1/2 cups Monterey Jack Cheese

Directions

- 1 Cook red lentils in small pot till tender and drain, set aside.
- 2 In a large cast iron skillet crumble ground beef, onion, and garlic and cook on low to medium heat.
- 3 Add in corn, black beans, diced peppers, and tomato paste. Cook for 10 -15 minutes until peppers are soft.
- 4 Add in remaining ingredients except the monterey jack cheese.
- 5 Add lentils and stir well. Put into a 9x13 glass baking dish. Top with shredded monterey jack cheese.
- 6 Bake at 350 for 20 minutes until cheese is fully melted. This can be made in larger portions and put in the freezer for another day.

Nutrition

Amount per serving	
Calories	448
Fat	25g
Saturated	10g
Trans	1g
Polyunsaturated	1g
Monounsaturated	8g
Carbs	27g
Fiber	7g
Sugar	5g
Protein	32g