



Taco Casserole

INGREDIENTS

- 1 cup instant brown rice, dry
- 1 pound ground turkey breast
- 1 onion
- 1 zucchini
- 1 can corn, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 can Rotel (or other brand tomatoes with green chili peppers)
- 1/2 packet taco seasoning
- 1-1/2 cups Velveeta Shreds
- salt and pepper to taste

NUTRITIONAL FACTS

SERVES: 6

AMOUNT PER SERVING:

- Calories 348
- Total Fat 5 g
- Saturated Fat 2 g
- Cholesterol 62 mg
- Sodium 1007 mg
- Carbohydrate 43 g
- Dietary Fiber 7 g
- Sugars 9 g
- Protein 32 g
- myWW Blue: 4
- myWW Purple: 2
- myWW Green: 7

DIRECTIONS

1. Cook rice according to box instructions.
2. Dice onion and zucchini.
3. Rinse corn and black beans.
4. Spray saute pan with olive oil spray and saute onion and zucchini for about 3 minutes.
5. Add ground turkey breast and cook until cooked through and no longer pink.
6. Add 1/2 packet taco seasoning and stir until well mixed.
7. Add corn, black beans, and Rotel. Stir to combine.
8. Pour rice into sprayed 13x9 casserole dish.
9. Top with ground turkey/vegetable mixture.
10. Top with cheese.
11. Bake in 350-degree oven for approximately 30 minutes.
12. Cut into 6 squares.

This recipe can be found at <https://planningushealthy.com/taco-casserole>

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