

Cheddar Buds® Tex Mex Casserole



Low in fat
Zero trans fat
Zero cholesterol

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Number of portions: **25** Size of portion: **3/4 Cup**

Ingredient	Measure	Procedure
Ground beef, cooked & drained	1 lb., cooked	Place cooked ground beef into pan. Add taco seasoning, onions and peppers. Simmer until onions and peppers are soft.
Red Bell Peppers, raw	1 cup, chopped	
Onions, raw	1 cup, chopped	
Water, hot	3 cups	Combine Cheddar Buds and hot water, mix until smooth. To meat mixture add corn, beans, potatoes and prepared Cheddar Buds. Mix well. Place in a 9x13 pan prepared with Buttermist to prevent sticking. Bake for 30 minutes at 350 degrees. CCP: Heat to 155° F or higher for at least 15 Seconds CCP: Hold for hot service at 135° F or higher
Cheddar Buds dry mix	4 oz.	
Black beans, canned, drained	1 cup	
Corn, frozen whole kernels	1 lb.	
Hashed brown potatoes, frozen, prepared	2 lb.	
Taco seasoning mix, mild	1 1/4 oz.	
Buttermist spray		

Nutritional Information

Calories	214	Iron	1.60 mg	Protein	8.48 g	15.89% Calories from protein
Cholesterol	20 mg	Calcium	37.50 mg	Carbohydrates	22.12 g	41.44% Calories from carbohydrates
Sodium	335 mg	Vitamin A	310.9 IU	Total Fat	8.08 g	34.03% Calories from total fat
Dietary Fiber	2.29 g	Vitamin A	54.1 RE	Saturated Fat	2.94 g	12.40% Calories from saturated fat
		Vitamin C	12.78 mg	Trans Fat	0.00*g	% Calories from trans fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data