

Crock Pot Taco Casserole

Tacos sound good for dinner, but you know you won't have time when you get home? How about a casserole that has all the goodness of a taco and you cook it in the crock pot! Easy Peasy – and really good too!

CROCK POT **Taco Casserole**



What you need:

- A pound lean ground beef
- 1 package of taco seasoning
- 14 oz can black beans, drained
- An ear of fresh corn
- 1 4-oz can diced green chilies
- 1 $\frac{1}{2}$ cup cheese (jack, cheddar or both)

- 8 oz of enchilada sauce (1 cup)
- 12 corn tortillas
- $\frac{1}{4}$ cup water
- 1 cup chopped cilantro

How to Do it:

Cook the beef until done and crumbly. Following the package instructions, add the taco seasoning to the meat. Set aside.

Cut the kernels off the corn. No need to cook it first.



Spray the inside of the crock pot with cooking oil. Layer five tortillas, $\frac{1}{2}$ each of the meat, chilies, beans, corn, enchilada sauce and $\frac{1}{2}$ cup of the cheese. You should have two layers of everything.



Pour the enchilada sauce over the top and the water around the

edges. Top with two more tortillas and the rest of the cheese.

Cook on low for about 6-8 hours. Keep the lid on!! The cheese will get golden on the top. Remove the lid for about 15 minutes before serving. Slice with a spatula and serve with cilantro sprinkled over the top.



You can also add some sour cream and avocado – or anything that sounds good to you, but serve it hot!

Makes 6-8 servings

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Below are some of the items we used to create this recipe!

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