



Taco Hotdish

RECIPE: Healthy Taco Hotdish

Serves 8

Prep: 20 minutes

Cook: 50 minutes

Total: 1 hour, 10 minutes

Ingredients

- 1 lb. lean ground beef
- ½ medium onion, diced
- 1 small bell pepper, diced
- 2 small zucchini, diced
- 3 cloves garlic, peeled and minced (may substitute a scant ½ tsp garlic powder)
- 2 Tbsp. homemade taco seasoning (or store-bought)
- 1 (14-oz.) can fire-roasted diced tomatoes
- 1 (6-ounce) can tomato paste
- 2 ¾ cups beef broth
- ½ cup frozen corn
- 1 (15-oz.) can black beans, drained and rinsed
- 1 cup uncooked long-grain white rice
- 1 ½ cups (6 ounces) shredded cheddar or Monterey jack cheese, divided
- Optional toppings: Salsa, diced avocado, sour cream, fresh cilantro, lime wedges, pickled jalapenos, etc.

Directions

1. Preheat the oven to 375F.
2. Grease (or spray) and a 9x13-inch baking dish and set aside.
3. Place a large skillet or Dutch oven over medium-high heat. When the pan is hot, add ground beef, onion, and bell pepper. Cook until beef is just barely pink and the onions and peppers have softened. About 8 minutes.
4. Add zucchini, garlic, and taco seasoning. Stir and cook an additional 3-4 minutes or until zucchini is just tender.
5. Remove from heat and drain excess fat from beef mixture if there is quite a bit. Transfer the meat and veggie mixture to the greased baking dish.

6. Add diced tomatoes, tomato paste, and beef broth, drained beans, corn, rice, and ½ cup shredded cheese to the baking and stir to combine.
7. Cover the baking dish with foil and bake for 45 minutes. Remove the foil and sprinkle remaining cheese over the top and continue to bake for 5-10 minutes or until the cheese is bubbly.
8. Allow the hot dish to stand for 5 minutes before serving with toppings of choice.

Nutrition Information

Serving size: 1/8th recipe (without toppings) 430 Calories - 10 g Fat - 5g Sat Fat - 57g Carbohydrate - 25g Protein - 500mg Sodium - 6g Fiber - 6 g Sugar

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