

Breakfast Taco Casserole

Recipe makes 6 meals

Ingredients

1 lb 93/7 Ground Beef
32 oz Frozen Southern Hash
Brown Potatoes
32 oz Liquid Egg Whites
15 oz can Black Beans, drained,
rinsed
10 oz can Diced Tomatoes
with Green Chilies
1 C Fiesta Blend Shredded
Cheese
1 oz Taco Seasoning
1 Tbsp Garlic Powder
1 Tbsp Onion Powder
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 493

Fat - 11g

Carbohydrates - 48g

Protein - 44g

Estimated Cost
Per Meal

\$2.69

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Instructions

1. Start by pouring your potatoes into a large mixing bowl and thawing in the microwave. Once thawed, add 1 Tbsp garlic powder, 1 Tbsp onion powder, and salt and pepper to taste. Mix and set aside.
2. Heat a large skillet over medium-high heat and start browning your beef, breaking it up as it cooks.
3. Once your beef is cooked all the way through, pour in 10 ounce can of diced tomatoes (with the juice), 15 ounce can of black beans (drained and rinsed), 1 ounce of taco seasoning, and about 1/2 cup of water. Mix well, bring to a boil and then reduce heat. Let this simmer for about 5 minutes.
4. Pour your thawed and seasoned potatoes into a 9x13 inch casserole dish and spread them out evenly.
5. Add your cooked ground beef on top of your potatoes.
6. Pour in your carton of egg whites and place the casserole dish in the oven on 400°F for about 40-45 minutes.
7. After about 45 minutes, take your casserole out of the oven and sprinkle your cheese evenly on top. Place back in the oven for another 10-15 minutes or until your eggs are cooked through in the middle.
8. When done, you can taste and add salt and pepper to preference on top of the casserole or simply add salt and pepper to your meal each day before eating.
9. Cut into 6 even portions and enjoy!



Notes

- Just like all of the other breakfast casseroles, dividing into 6 meals makes very large portions. If you don't have a big appetite and want to split this into 8 meals instead of 6, the calories and macros for 8 servings are as follows:

370 - Calories

8g - Fat

36g - Carbs

33g - Protein

- Some optional toppings for this casserole include salsa, sour cream, or guacamole. You can even add in some shredded lettuce if you'd like.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.