

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Easy Taco Casserole

From www.joyfilledeats.com

2 pounds ground turkey or beef
2 packets taco seasoning (make sure to get ones without MSG)
1 cup salsa
16 oz cottage cheese
8 oz shredded cheddar cheese
Your favorite taco toppings

1. Preheat the oven to 400°F.
2. Mix the ground meat and taco seasoning in a large casserole dish. Bake for 20 minutes.
3. Meanwhile, mix together the cottage cheese, salsa, and 1 cup of the cheese. Set aside.
4. Remove the casserole dish from the oven and carefully drain the cooking liquid from the meat. Break up the meat into small pieces. A potato masher or fork works great for this. Spread the cottage cheese and salsa mixture on top of the meat. Sprinkle the remaining cheese on top.
5. Return the casserole to the oven and bake for an additional 15-20 minutes until the meat is cooked thoroughly and the cheese is hot and bubbly.
6. Remove from the oven and top with your favorite taco toppings.