

The Best Taco Bake
(EatingGlutenAndDairyFree.com)

1 T. oil (Avocado Oil)
½ onion, diced
1 lb. ground beef or ground turkey
1 T. chili powder
1 T. cumin
½ c. corn (can be frozen, canned, or fresh)
1 green bell pepper, diced
Jalapeno peppers, diced (optional)
16oz. can black beans (drained & rinsed)
16 oz. salsa
16 oz. can refried beans
Tortilla chips
2 c. romaine lettuce chopped
½ tomato, diced
Sliced black olives
Optional toppings: green onions, cilantro, guacamole, dairy free sour cream

1. Preheat oven to 350°.
2. Sauté onion in large skillet in oil on medium heat.
3. Once onion is translucent add ground beef to skillet. While beef browns place refried beans in bottom of 9x13 baking dish. Spread evenly. Cut and dice toppings, set aside.
4. When ground beef is browned, drain fat.
5. Add in chili powder, cumin, corn, black beans, bell pepper and jalapeno peppers. Mix well. Place lid on skillet and simmer until peppers are softened.
6. Add salsa to ground beef mixture and stir well. Place on top of refried beans.
7. Bake for 15-18 minutes until heated well throughout.
8. Serve with handfuls of tortilla chips loosely crushed, lettuce, tomatoes, and other optional toppings.