

Mexican Casserole

Try to put as many veggies as you can into this casserole, your mom would want you to!

- Servings - 4 to 5
- Prep time - 5 minutes
- Cook and Bake time - 30 minutes

Ingredients

- 1 pound ground beef (or ground turkey)
- 1 onion chopped
- 1/2 bag frozen corn kernels
- 1/2 bag frozen peas
- 1 packet of taco seasoning
- 1 1/2 cup shredded Mexican cheese mix
- 1 can (8 oz) refrigerated crescent dinner rolls

Protocol

1. Pre-heat your oven to 375°F
2. In a large pan, brown your ground beef or turkey over medium-high heat.
3. Once meat is slightly browned, add in the onion, corn, peas and taco seasoning. Continue to cook until frozen veggies are thawed.
4. Transfer the contents in the pan into a 9x13 inch baking dish and evenly spread.
5. Sprinkle about 1 cup of the cheese over the contents in the dish.
6. Unroll the crescent rolls over the contents and make sure to cover everything.
7. Sprinkle the remaining cheese over the dough and bake in the oven for 15 to 20 minutes until the dough becomes golden brown and crispy.
8. Serve and enjoy!