

# CrockPot Mexican Casserole

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/zucchini-mexican-casserole-instant-pot-recipe>

## Ingredients:

- 1 pound lean ground beef 85/15
- 1 onion Large, finely chopped
- 2 teaspoons taco seasoning I make my own, check out my recipe here!
- 2 zucchinis Small, shredded
- 6 mushrooms Small, finely diced
- 1 jar salsa 16 oz
- 1 container sour cream 16 oz
- 1 cup frozen corn or you can use a drained can
- 1 can black beans rinsed and drained
- 10 ounces enchilada sauce divided in half
- 6 corn flour Small, Mix Tortillas, Trader Joes' has them, as does La Tortilla Factory
- 2 cups Mexican cheese shredded

## Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 160 milligrams
4. Fat: 34 grams
5. Fiber: 12 grams
6. Protein: 50 grams
7. SaturatedFat: 20 grams
8. Sodium: 2180 milligrams
9. Sugar: 17 grams

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