

# BEEF & NOODLE TACO CASSEROLE

## Ingredients:

1 lb. Tjaden Ranch Beef  
12 oz. egg noodles, cooked al dente  
1/8 c. dried minced onion  
2 T. chili powder  
1 T. cumin  
2 tsp. salt  
3/4 c. water  
15 oz. canned black beans, rinsed and drained  
8 oz. salsa  
8 oz. sour cream  
12 oz. sharp cheddar cheese, shredded

## Directions:

1. Preheat oven to 350 degrees. Grease 13x9 casserole pan.
2. In a skillet, season ground beef with salt & pepper. Add minced onion. Cook on medium heat until ground beef is cooked through.
3. Add chili powder, cumin, salt and water to the ground beef mixture. Bring to boil and then simmer for a couple of minutes.

*continued...*



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4. In large bowl, add ground beef mixture, cooked egg noodles, black beans, salsa, sour cream and 2 cups of shredded cheese.
5. Spread mixture in the 13x9 casserole pan. Cover with foil.
6. Bake 30 minutes, remove foil and add remaining cheese. Leave uncovered and continue cooking for 15 minutes.



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