
Dinner, Gluten-Free, Casserole

Lawnmower Tacos

SERVES: 6 to 8

PREP TIME: 10 minutes

COOK TIME: 20 minutes

INGREDIENTS

- | | |
|--|--|
| <input type="checkbox"/> 1 pound ground beef | <input type="checkbox"/> 2 c. crushed tortilla chips |
| <input type="checkbox"/> 2 Tbsp. taco seasoning mix or a package of taco seasoning | <input type="checkbox"/> 2 c. shredded cheddar cheese |
| <input type="checkbox"/> ¼ c. all-purpose flour or gluten-free flour | <input type="checkbox"/> Taco toppings: lettuce, tomato, sour cream, avocado, salsa, etc . . . |
| <input type="checkbox"/> 1 ½ beef or chicken broth | <input type="checkbox"/> |
-

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
 2. Brown the ground beef over medium high heat.
 3. Sprinkle taco seasoning over the browned ground beef. Stir until combined.
 4. Sprinkle flour over the ground beef. Stir until combined.
 5. Add the beef or chicken broth. Turn heat to high. Allow to boil.
 6. Turn heat down to medium. Simmer until sauce is thickened.
 7. Grease a 9 by 13 baking dish.
 8. Layer in this order. (3 layers)
 - a. Crushed tortilla chips.
 - b. Ground beef mixture.
 - c. Cheese.
 9. Bake for 20 minutes or until bubbly.
 10. Enjoy with your favorite taco toppings.
-

NOTES

You could add black beans. Cook the beans with the ground beef starting in step 2.
You could also add onions. Cook them with the ground beef starting in step 2.