

Treasure Barrel

Cowboy Casserole – Easy Comfort Food for Busy Families

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 1 (15-oz) can black beans, drained and rinsed
- [ ] 1 cup frozen corn kernels
- [ ] 1 (15-oz) can diced tomatoes with green chilies
- [ ] 1 cup shredded cheddar cheese
- [ ] 1 medium onion, diced
- [ ] 1 bell pepper, diced
- [ ] 2 cloves garlic, minced

Seasonings

- [ ] 2 tsp chili powder
- [ ] 1 tsp ground cumin
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper

Instructions

1. Heat a large skillet over medium-high heat, add the ground beef, and break it up; cook until browned, about 5-6 minutes. beef lombardi casserole
2. Stir in the onion, bell pepper, and garlic; sauté until softened and fragrant, about 3 minutes.
3. Add the chili powder, cumin, paprika, salt, and pepper; let the spices toast for a minute, then pour in the diced tomatoes, beans, and corn. Simmer gently for 5 minutes.
4. Transfer the mixture to a greased 9-x-13-inch baking dish, sprinkle the shredded cheese evenly over the top, and bake at 375°F for 20-25 minutes, until the cheese is bubbly and golden.
5. Let the casserole rest for 5 minutes before serving; garnish with chopped cilantro or a squeeze of lime if desired.

Nutrition per serving

420 kcal	28 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra depth, add a splash of beef broth before baking.
- If you like a crustier top, broil for the last 2 minutes, watching carefully.
- A pinch of brown sugar can balance the acidity of the tomatoes.