

WALKING TACO CASSEROLE

Equipment

None

Ingredients

Filling

1	lb	ground beef
1/2	cup	onions, diced
1	oz	taco seasoning packet
6-8	snack	Fritos snack bags

Possible Toppings

to taste	black beans
to taste	lettuce
to taste	tomato
to taste	shredded cheese
to taste	sour cream
to taste	salsa
to taste	quacamole

Directions

- Saute the onion until the water has been mostly removed and they are carmelized.
- In a large skillet, brown the meat over medium heat. Drain the fat from the pan. Add the taco seasoning. Add 1/2 cup of water and simmer until the water is absorbed.
- If using, add beans and keep them warm.
- Layer the bottom of a serving pan with the Frito chips.
- Add the meat mixture and whatever toppings you desire.
- Enjoy!

