

# RX Therapy: Taco Casserole

## Taco Casserole

### **Ingredients:**

1 pound Hamburger Meat

½ large onion chopped

1 can Rotel

1 can Cream of Mushroom Soup low sodium preferred

1 can Cream of Chicken Soup low sodium preferred

1 can water

Red Pepper Flakes to taste

Cumin 1 tsp

Salt & Pepper to taste

½ Bag Mexican Cheese Shredded

1 Bag regular Dorito Potato chips crushed

### **Directions:**

Brown hamburger meat. Drain grease,

Sauté onion till tender

Next combine all ingredients in a large pot & simmer for 20-25 minutes & ready to eat.

*Submitted by: Lisa Hooks*