

Chili Cheese Frito Pie

Recipe makes 6 meals

Ingredients

- 1 lb 93/7 Lean Ground Beef
- 16 oz can Dark Kidney Beans, drained, rinsed
- 15 oz can Whole Corn, drained
- 10 oz can Diced Tomatoes with Green Chilies
- 7 oz (198g) Chili Cheese Fritos
- 1.25 oz pack Taco Seasoning
- 1 cup Medium Chunky Salsa
- 1 cup Fat Free Shredded Mild Cheddar Cheese
- 1 small Yellow Onion, chopped
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 487
Fat - 18g
Carbohydrates - 49g
Protein - 29g
***Fiber - 6g**

**Estimated Cost
Per Meal**

\$2.60

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Instructions

- 1. Start by heating a large skillet over medium-heat and add in your ground beef. Break it up a little and immediately add in your chopped onion. Cook until ground beef is no longer pink, breaking it up in the process.**
- 2. Once your beef is cooked through, add in your taco seasoning, salsa, can of drained and rinsed kidney beans, can of drained corn, and can of diced tomatoes with green chilies. Mix everything together, reduce the heat to low and let this simmer for 5-10 minutes, stirring occasionally.**
- 3. Grab a 9x13 casserole dish and line the bottom with half of your Fritos, followed by your ground beef mixture, then top with the other half of your Fritos and 1 cup of shredded cheese.**
- 4. Place this in the oven on 400°F for 10-15 minutes, or until your cheese is melted.**
- 5. Once you're happy with the cook, remove it from the oven, cut it into 6 servings and portion out into your meal containers.**
- 6. Add your favorite topping of choice and enjoy!**



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Notes

- **I used fat free cheese in this recipe only because the fat content was already a little high from some of the other ingredients. You can always use a cheese with some fat, which will have more flavor.**
- **I used about 7 ounces of Fritos in this recipe for a couple of reasons. The first being that it was a good amount for the overall recipe without pushing it over 500 calories. The other being for individuals that may not want leftover Fritos in the house, you can always buy two of the smaller 3.5 ounce bags and use those, instead of buying the larger 9.5 ounce bag.**
- **You can top each meal with your favorite topping for added flavor. Some good toppings include extra salsa, guacamole, sour cream, or even some plain Greek yogurt for extra protein.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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