



## Taco Casserole Recipe

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Preparation Time	10
Cooking Time	25
Serving Size	16

### Ingredients:

- 2 Tbsp oil
- 1/4 cup garlic, crushed
- 2 cups onion, chopped
- 1 1/2 kg beef, ground
- 2 cups water
- 1 Tbsp salt
- 1 1/2 Tbsp hot sauce
- 1 pouch DEL MONTE Sweet Style Spaghetti Sauce (1kg)
- 3 cup black olives, pitted, sliced
- 3 cups bell pepper, green, diced
- 48 pcs taco shells
- 8 cups cheese, coarsely grated
- 2 cups tomato, seeded and diced
- 1/2 cup green onions, chopped

### Preparation:

1. Sauté garlic, onion, and beef. Add water, salt, and hot sauce. Simmer for 5 minutes. Add DEL MONTE Sweet Style Spaghetti Sauce, 1/4 cup olives and bell pepper. Simmer for 5 minutes. Set aside.
2. Layer half of taco on bottom of greased 12 x 8-inch pan. Cover with half of spaghetti sauce mixture and cheese. Repeat layering with the remaining ingredients. Bake in pre-heated oven at 350°F for 10 minutes. Top with remaining olives, tomatoes, and green onions. Serve.

### Chef's Tip

For better texture, lightly toast the taco shells in a toaster oven before layering so that they are drier and crispier.

### Lusog Notes

This Taco Casserole recipe is rich in calcium and iron. Calcium is necessary for strong bones and teeth while iron aids in the formation of red blood cells that carry oxygen all over the body.

### Cooking Skills Needed

- Boiling
- Sautéing
- Simmering

### Cooking Tools

- 12" x 8" Rectangular Pan
- Chopping Board
- Measuring Cups

- Measuring Spoon
- Spatula

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