

BUTTER BUDS®

CHEDDAR BUDS® TEX MEX CASSEROLE

Number of portions: 25 Size of portion: 3/4 Cup

Ground Beef, cooked & drained	1 lb cooked	Place cooked ground beef into pan. Add taco seasoning, onions and peppers. Simmer until onions and peppers are soft.
Red Bell Peppers, raw	1 cup chopped	
Onions, raw	1 cup chopped	
Taco Seasoning	1 ¼ oz	

Water, hot	3 cups	Combine Cheddar Buds® and hot water, mix until smooth. To meat mixture add corn, beans, potatoes and prepared Cheddar Buds®. Mix well. Place in a 9x13 pan prepared with Buttermist to prevent sticking. Bake for 30 minutes at 350 degrees.
Cheddar Buds®, dry mix	4 oz	
Black Beans, canned & drained	1 cup	CCP: Heat to 155° F or higher for at least 15 Seconds CCP: Hold for hot service at 135° F or higher
Corn, frozen whole kernels	1 lb	
Hashed Brown Potatoes, frozen / prepared	2 lb	
Buttermist Spray		

Nutritional Information

Calories 214 Iron 1.60 mg Protein 8.48 g 15.89% Calories from protein Cholesterol 20 mg Calcium 37.50 mg Carbohydrates 22.12 g 41.44% Calories from carbohydrates Sodium 335 mg Vitamin A 310.9 IU Total Fat 8.08 g 34.03% Calories from total fat Dietary Fiber 2.29 g Vitamin A 54.1 RE Saturated Fat 2.94 g 12.40% Calories from saturated fat Vitamin C 12.78 mg Trans Fat 0.00*g % Calories from trans fat

*Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data*