

# Taco Chile Relleno Casserole



4.45 from 29 votes

Prep Time	Cook Time	Total Time
5 mins	20 mins	25 mins

Low carb Taco Chile Relleno takes the best of both, Tacos and Chile Rellenos give you an easy, Keto Low Carb Taco Chile Relleno Casserole. All the taste, none of the fuss!

Cuisine: Mexican

Dietary Consideration: Low Carb

Cooking Style: Oven

Servings: 4

Calories: 426 kcal

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## Ingredients

### For the Ground Beef

1 pound Lean Ground Beef

1 tablespoon taco seasoning

### For the Topping

2 eggs

3/4 cup milk

2 tablespoons All Purpose Flour

7 ounces diced green chiles (these are not the spicy sort, but mild, poblano style chiles)

1 cup Mexican Blend Shredded Cheese shredded

Salt to taste

## Instructions

1. Brown the ground beef and add in the taco seasoning when the meat is no longer pink. Mix well.
2. Spray an 8 x 8 glass pan and put the seasoned ground beef into it.
3. In a bowl, whisk together the eggs, milk, and flour until no lumps remain.
4. Carefully fold in the green chiles and the cheese, using a spoon to stir it together.
5. Pour the topping over the ground beef mixture and place in 350-degree oven for 20 minutes, or until the top is browned.

## Nutrition facts per serving

426kcal | Fat: 28g | Saturated fat: 12g | Cholesterol: 190mg | Sodium: 376mg | Potassium: 542mg | Carbohydrates: 8g | Sugar: 4g | Protein: 32g | Vitamin A: 495% | Vitamin C: 4.9% | Calcium: 281% | Iron: 3.6%

I am not a registered dietician or nutritionist. Nutritional information is provided a courtesy, and can vary depending on the exact ingredients you use.

Taco Chile Relleno Casserole <https://twosleever.com/taco-chile-relleno-casserole-low-carb/>