

Taco Casserole

1 tbs. vegetable oil
1/2 white onion, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
2 garlic cloves, minced or pressed
1 lb. ground chicken breast
1 1/2 tbs. taco seasoning mix
8 oz. taco sauce or 1 batch of Homemade Taco Sauce*
1 cup sour cream
1 cup cottage cheese
1/2 bag tortilla chips, crumbled
1 cup Monterey Jack cheese, shredded
Cilantro or diced green onion, for garnish

Preheat oven to 400.

In a large Dutch oven or skillet, heat vegetable oil to shimmering over medium-high heat. Sauté onion and bell peppers until softened (about 8 minutes). Add garlic; cook an additional minute. Add chicken breast and sprinkle taco seasoning all over. Sauté until chicken is cooked through, breaking meat into small pieces (about 8 minutes). Pour in taco sauce, stir to combine, then remove from heat.

Meanwhile, spray a large casserole dish with cooking spray. Combine sour cream and cottage cheese in a medium bowl.

Layer half of the tortilla chips in the bottom of the casserole dish. Add the meat and vegetable mixture on top of the chips, then pour on the sour cream mixture. Top with remaining chips and shredded cheese.

Bake, uncovered, until cheese is melted (about 30 minutes). Garnish with cilantro or green onion.

Homemade Taco Sauce

1 8-oz. can tomato sauce
1/2 can water (use the tomato sauce can)
1 tbs. white vinegar
1/4 tsp. chili powder
1 tsp. cumin
1/4 tsp. onion powder
1/2 tsp. garlic powder
1/4 tsp. Kosher salt

Combine all ingredients in a medium bowl and whisk until combined.

