

Walking Taco Casserole: Easy Baked Frito Pie Dinner

This Walking Taco Casserole is a true gem in my kitchen, and I absolutely adore it for its



OVEN
350°F

TIME
30 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

1 1/2 pounds ground beef (lean recommended)
1/3 large onion, chopped (about 1/2 cup finely chopped)
1 can (4.5 oz) green chilies, diced (small can), undrained
1 can (10 oz) enchilada sauce (red or green)
2 ounces cream cheese, softened
1 bag (9.25 oz or 10 oz) Fritos corn chips (original or chili cheese flavored)
1 bag (8 oz / 2 cups) shredded cheese (Mexican blend or cheddar recommended)
For Toppings (Optional, for individual servings):
3/4 cup shredded lettuce
1/2 cup fresh diced tomatoes
16 ounces salsa (your favorite kind)
8 ounces sour cream

DIRECTIONS

1. Let's get this delicious : Walking Taco Casserole baking!
2. Preheat : Oven: Preheat your oven to 350°F (175°C).
3. Brown : Beef & Onion: In a large skillet, brown the 1 1/2 pounds ground beef with the 1/3 large chopped onion over medium-high heat, breaking up the meat into crumbles as it cooks. Cook until no pink remains and the onion is softened. Drain any excess grease thoroughly from the skillet.
4. Make : Meat Mixture: Return the drained beef and onion to the skillet. Add the 1 can (undrained) green chilies, 1 can enchilada sauce, and 2 ounces softened cream cheese. Stir well until all ingredients are combined and the cream cheese has melted into the meat mixture, creating a creamy sauce. Remove from heat.
5. Layer : Casserole: In a 9x13-inch baking pan, create the layers: First, spread the entire bag of Fritos corn chips evenly across the bottom of the pan.
6. Next, spoon the prepared meat mixture evenly over the Fritos chips.
7. Finally, sprinkle the entire bag (8 oz / 2 cups) of shredded cheese evenly over the meat mixture.
8. Bake: Place the baking pan in the preheated oven and bake for 30 minutes, or until the cheese is completely melted and bubbly around the edges.
9. Rest & : Serve: Remove the casserole from the oven. Let it stand for about 5 minutes to allow the layers to set slightly. Top individual servings with shredded lettuce, diced tomatoes, salsa, and sour cream as desired. Serve hot.

SWAPS & NOTES

Ground Beef: Lean ground beef is recommended to prevent excess grease.

Ground turkey or a mix of beef and pork can also be used.

Onion: Finely chopped yellow or white onion works well.

Green Chilies: A small can of diced green chilies adds a mild, zesty flavor.

TIPS FOR SUCCESS

Drain Beef Well: This is crucial for preventing a greasy casserole.

Softened Cream Cheese: Ensure cream cheese is softened for a smooth, lump-free addition to the meat mixture.

Even Layers: Spread the Fritos, meat, and cheese evenly to ensure every serving gets a good mix of all components.

Don't Cover: Baking uncovered helps the Fritos maintain some crispness (though they will soften slightly from the meat mixture).

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/walking-taco-casserole-easy-baked-frito-pie-dinner/>