

Keywords: Baked Tostitos Scoops, Black Beans, Crockpot, Hamburgers, Low-Fat, Mexican, Quick Meal, Rotel, Sour Cream, White Rice

Yield: 6 servings

Cooking Time: 6-8 hours crockpot 15 min can

Ingredients

1 lbs	Ground beef, extra lean
1 can	black beans, drained
1 can	Rotel milder tomatoes, undrained
3 cups	white rice, cooked
1 pkg	Sour cream
1 bag	baked tostitos scoops

Procedure

1. In large saucepan, brown and drain ground beef.
2. Add black beans and rotel tomatoes.
3. Heat.
4. Serve over steamed rice.
5. Top with sour cream.
6. Serve with chips.
7. Alt. version:
8. Heat chicken broth to boil with garlic, cumin.
9. Let sit for 3 hours
10. Put in crockpot for 6-8 hours along with ground beef and rotel tomatoes.