

Choco Fever Dream

Easy Slow Cooker Cowboy Casserole

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 1 (15 oz) can black beans, drained and rinsed
- [ ] 1 cup corn kernels (fresh or frozen)
- [ ] 1 (14.5 oz) can diced tomatoes
- [ ] 1 cup shredded cheddar cheese
- [ ] 1 small onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 cup tomato sauce
- [ ] 1 tsp cumin
- [ ] 1 tsp chili powder
- [ ] ½ tsp smoked paprika
- [ ] Salt and pepper to taste

Optional Garnish

- [ ] ¼ cup fresh cilantro, chopped
- [ ] 2 green onions, sliced

Instructions

1. Brown the ground beef in a skillet over medium heat, breaking it up with a spoon; once fully cooked, drain excess fat and set aside.
2. In the slow cooker, combine the cooked beef, black beans, corn, diced tomatoes, onion, garlic, tomato sauce, cumin, chili powder, smoked paprika, salt and pepper.
3. Stir gently to distribute ingredients, then cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours.
4. About 30 minutes before serving, sprinkle half the shredded cheese over the top; let it melt, then add the remaining cheese just before serving.
5. Garnish with fresh cilantro and green onions, serve hot, and enjoy with a side of spaghetti meatballs if desired.

Nutrition per serving

420 kcal	28 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra richness, stir in a splash of beef broth halfway through cooking.
- If you prefer a spicier version, add diced jalapeños or a dash of hot sauce.
- The casserole can be assembled the night before; just keep the cheese separate until ready to bake.