

# Dorito Casserole

<http://sammaspot.blogspot.com>

**Preparation time: 15 minutes**

**Cook time: 30 minutes**

**Serves: 6 to 8**

## *Ingredients*

- 1 can refrigerated crescent rolls, (I like to use reduced fat)
  - 1 lb lean ground beef
  - ½ onion, diced
  - 1 Tbsp. olive oil
  - 1 package taco seasoning, low sodium will work just fine
  - 8 oz. container plain greek yogurt
  - 8 oz. can Rotel Tomato Sauce
  - 1 ½ cups shredded cheddar cheese
  - ¾ bag of Doritos, crushed (I used the spicy Taco flavor)
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## *Directions*

1. Preheat oven to 350° and spray a 9x13 pan with cooking spray then set aside.
  2. In a large skillet heat olive oil and cook diced onions for a few minutes.
  3. Add the ground beef to the onions and brown well, drain if necessary.
  4. Stir in taco seasoning and tomato sauce, simmer about 5 minutes.
  5. Press crescent rolls into bottom of prepared pan. Pressing seams to seal.
  6. Top crescent rolls with meat mixture.
  7. Spread greek yogurt over top of meat mixture.
  8. Top with shredded cheese & crushed Doritos.
  9. Bake for 30 minutes.
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## ***Variations***

1. You can use sour cream instead of the the greek yogurt but the yogurt is a healthier choice but just make sure to get PLAIN and not vanilla. ugh and gross. Besides, I don't really like sour cream.
2. You could also use regular tomato sauce but I like the Rotel tomato sauce, makes this more mexicaney. Is that a word?? Probably not but you get my drift.
3. I put my cheese on first then the Doritos then some more cheese then some pickled jalapeno slices then a few more Doritos. Hey, I saved the calories from using the yogurt and low fat crescent rolls. You could be really good and use the baked Doritos and low fat cheese but quite frankly I love cheese too much to compromise on that point. I also love Doritos.