

Potato Beef Casserole

Makes: 5 Servings

Ingredients

1 onion (diced)

1/2 pound ground beef (85% lean)

5 potatoes (or 1 package hash browns)

1 can mushroom soup (10 ounces)

5 ounces water

Directions

1. Peel onion and dice into 1/4-inch pieces.
2. Cook ground beef and onions in a skillet until the meat is browned. Drain of fat.
3. Add mushroom soup and 1/2 can water.
4. Use a brush to scrub potatoes under cold running water. Slice potatoes into 1/2-inch thick pieces and places in the bottom of a casserole dish.
5. Spread eat and soup mixture over potatoes.
6. Bake at 350°F for 45 minutes until potatoes are tender and casserole is bubbly and browned.

Source: ONIE Project - Oklahoma Nutrition Information and Education

Nutrition Information

Nutrients	Amount
Calories	305
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	29 mg
Sodium	484 mg
Total Carbohydrate	43 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	14 g
Vitamin D	0 IU
Calcium	46 mg
Iron	3 mg
Potassium	1087 mg
N/A - data is not available	
MyPlate Food Groups	
 Vegetables	1 1/4 cups