

Beef and Tomato Bake

(adapted from USDA Mixing Bowl)



Ingredients:

- 2 medium potatoes, peeled and sliced
- 1 can sliced carrots, drained
- ¼ teaspoon black pepper
- ½ cup onion, sliced
- 1 pound lean ground beef, browned and drained
- 1 can green beans, drained
- 1 can condensed tomato soup (about 10 ounces)

Directions:

1. Preheat oven to 350 degrees F. Spray a 9x9-inch baking dish with nonstick cooking spray.
2. Layer potatoes, carrots, meat, beans, soup and pepper in baking dish.
3. Cover with an oven-safe lid or aluminum foil and bake for 45 minutes, or until potatoes are soft and casserole is bubbling.
4. Uncover and bake for 15 more minutes.
5. Refrigerate leftovers.

Nutrition Facts	
Serving Size (277g)	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 550mg	23%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 17g	
Vitamin A 120% • Vitamin C 25%	
Calcium 6% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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