Beef and Tomato Bake

(adapted from USDA Mixing Bowl)

Ingredients:

2 medium potatoes, peeled and sliced

- 1 can sliced carrots, drained
- 1/4 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 Calories 230 Calories from Fat 80 % Daily Value* Total Fat 9g 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% "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 Total Fat Less than 20g Saturated Fat Less than 300mg 2,400mg Less than Total Carbohydrate Dietary Fiber Calories per gram Fat 9 • Carbohydrate 4 • Protein 4

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Nutrition		า Fa	cts
Serving Size (27)			
Servings Per Cor	ntair	ner 6	
Amount Per Serving			
Calories 230	Ca	lories fro	m Fat 80
		% D	aily Value*
Total Fat 9g			14%
Saturated Fat	3g		15%
Trans Fat 0g			
Cholesterol 50n	ng		17%
Sodium 550mg			23%
Total Carbohyde	rate	22g	7%
Dietary Fiber 3	3g		12%
Sugars 8g			
Protein 17g			
Protein 17g			
Vitamin A 120%	•	Vitamin	C 25%
Calcium 6%		Iron 15%	5
"Percent Daily Values det. Your daily values depending on your cal	may l	be higher or	
Calo		2,000	2,500
	than		80g
	then		25g
	than than		300mg 2.400mg
Total Carbohydrate	- arrest t	300g	375g
Dietary Fiber		259	30g
Calories per gram: Fat 9 • Carbol	hydra	te 4 • Pro	tein 4





Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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This material was funded by USDA's Supplemental Nutrition This interial was indeed by Osbas Supplemental volution.

Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689





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