

TATOR TOT CASSEROLE

6 Servings /6 pts per serving 8 points plus

48 pieces Ore-Ida Extra Crispy Tater Tots, Frozen

8 oz Lean Ground Beef 90% Lean

1/2 Onion, Chopped

15 oz Green Beans

10 3/4 oz Healthy Request Cream Of Mushroom Soup

1/2 c Kraft 2% Cheddar Cheese

-Shredded

1/2 c mushrooms, Canned Or Fresh, -Optional

Preheat oven 350 deg. Brown beef & onion together, then drain. Mix in soup and green beans. Spray 8x8 casserole w/Pam & arrange beef/soup/green bean mixture in the bottom of casserole. Arrange tater tots on top. Spread cheese over all. Bake for 1/2-1 hr.

Note: For extra flavor add 1 beef bouillon to the meat mixture.

Per Serving: 258 Cal (44% from Fat, 22% from Protein, 34% from Carb);
13 g Tot Fat; 3 g Fiber