

A Kansas SNAP-Ed *EZ Does it* Recipe

Four Layer Casserole



Servings: 6

Ingredients:

- 1 pound ground beef, 85% lean
- 4 potatoes
- 1 package frozen mixed vegetables (or canned mixed vegetables)
- ¼ cup cheese, low-fat shredded (cheddar or colby jack)
- ¼ cup milk, 1%
- salt and pepper (optional, to taste)



Directions:

1. Cook ground beef in frying pan until brown. Rinse in warm water and drain to remove excess fat.
2. Scrub potatoes and cut into slices without peeling.
3. Place potatoes in a large baking or casserole dish. Top with vegetables, ground beef, and cheese.
4. Pour milk over the casserole. Add salt and pepper as desired.
5. Cover with a lid or foil. Bake at 350°F for 1 hour or microwave in non-metal baking or casserole dish for 19-23 minutes on high.

Notes: Try other favorite vegetables in place of mixed vegetables such as carrots, broccoli, cauliflower, green beans, peas, or corn.

Nutrition Facts: Each one cup serving provides 283 Calories, 9g Total Fat, 3g Saturated Fat, 103mg Sodium, 31g Total Carbohydrate, 5g Dietary Fiber, 21g Protein

From the USDA Mixing Bowl and Iowa State University Extension. *Spend Smart. Eat Smart.*

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