

Cappy`s Casserole

Cappy McElroy - Dallas, TX

Treasure Classics - National LP Gas Association - 1985

Servings: 4

*3 large potatoes, sliced
2 medium onions, sliced
1 pound ground beef
1 can vegetable beef soup
1/2 cup tomato soup
grated parmesan cheese (to taste)*

Preparation Time: 15 minutes**Bake Time: 3 hours**

Slice a layer of potatoes and onions in the bottom of a 13x9x2-inch casserole dish. Place a layer of ground beef over them. Slice another layer of potatoes and onions. Place another layer of ground beef over them.

In a bowl, mix the vegetable beef soup and the tomato soup. Pour the mixture over the casserole contents. Sprinkle with Parmesan cheese.

Bake at 375 degrees for 2-1/2 to 3 hours.

Best when served with a green salad and hot rolls.

Per Serving (excluding unknown items): 456 Calories; 31g Fat (60.5% calories from fat); 22g Protein; 23g Carbohydrate; 3g Dietary Fiber; 96mg Cholesterol; 171mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat.