

Cheeseburger Casserole

Publix Aprons

cooking spray

1 1/2 pounds lean ground beef, 2% fat

3/4 cup pre diced yellow onions

2 tablespoons flour

1/2 teaspoon pub-style burger (or steak) seasoning

1 can (14.5 ounce) diced tomatoes, undrained

1/2 cup Russian or Thousand Island dressing

3 tablespoons dill relish

1 can (8 count) buttermilk biscuits

1 cup sharp cheddar cheese, shredded

Preheat the oven to 375 degrees.

Coat a 13x9-inch baking pan with cooking spray.

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Cook the beef and onions for 5 to 7 minutes, stirring to crumble and until no longer pink. Drain.

Return the beef to the pan. Stir in the flour, seasoning, tomatoes, dressing and relish. Cook until hot and the sauce has thickened. Pour the beef mixture into the dish.

Cut the biscuits into quarters. Top the beef mixture with the cheese, then the biscuits.

Bake for 15 to 18 minutes or until the biscuits are golden and the cheese has melted.

Serve.

Per Serving (excluding unknown items): 95 Calories; 1g Fat (6.7% calories from fat); 3g Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Vegetable.