

Tater Tot Hot Dish

Karen davis - Hudson's Battle Creek

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 8

2 pounds lean ground beef

1/4 cup chopped onion

2 cans (16 ounce ea) mixed vegetables

1 can (10-3/4 ounce) cream of mushroom soup

1 package (32 ounce)

frozen tater tots

Preheat the oven to 350 degrees.

In a skillet, brown the ground beef with the onion. Drain.

Stir in the mixed vegetables and the soup.

Pour into a 2-1/2 quart casserole dish. Top with the tater tots.

Bake for 30 minutes.

Per Serving (excluding unknown items): 324 Calories; 24g Fat (67.3% calories from fat); 21g Protein; 5g Carbohydrate; 2g Dietary Fiber; 85mg Cholesterol; 216mg Sodium. Exchanges: Lean Meat; 1 Vegetable; 3 Fat