

Hash Brown Casserole

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*1 pound mild country sausage roll
cooking spray
2 cups shredded Cheddar cheese,
divided
1 can (10-3/4 ounce) condensed
cream of chicken soup
2 cups sour cream
1 cup onion, chopped
1 cup red or green bell pepper,
chopped
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1 package (30 ounce) frozen shredded
hash brown potatoes*

Preheat the oven to 350 degrees.

Spray a 13x9-inch baking dish with cooking spray.

Heat a large skillet over medium-high heat. Add the sausage. Cook for 6 to 7 minutes until crumbled and browned, stirring occasionally. Remove the sausage from the pan. Drain well.

In a large bowl, stir together 1-1/2 cups of the cheese, soup, sour cream, sausage, onion, bell pepper, salt and pepper. Fold in the hash brown potatoes until well combined. Spread the hash brown mixture over the bottom of the prepared baking dish.

Bake for 50 minutes.

Top with the remaining 1/2 cup of cheese.

Bake another 10 minutes or until the casserole is golden brown. Let stand for 5 minutes.

Per Serving (excluding unknown items): 2190 Calories; 186g Fat (75.7% calories from fat); 79g Protein; 55g Carbohydrate; 3g Dietary Fiber; 461mg Cholesterol; 4158mg Sodium. Exchanges: 1 1/2 Grain(Starch); 8 Lean Meat; 2 1/2 Vegetable; 1 1/2 Non-Fat Milk; 32 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	2190	Vitamin B6 (mg):	.4mg
% Calories from Fat:	75.7%	Vitamin B12 (mcg):	3.4mcg

% Calories from Carbohydrates: 9.9%
 % Calories from Protein: 14.4%
 Total Fat (g): 186g
 Saturated Fat (g): 112g
 Monounsaturated Fat (g): 56g
 Polyunsaturated Fat (g): 9g
 Cholesterol (mg): 461mg
 Carbohydrate (g): 55g
 Dietary Fiber (g): 3g
 Protein (g): 79g
 Sodium (mg): 4158mg
 Potassium (mg): 1314mg
 Calcium (mg): 2270mg
 Iron (mg): 3mg
 Zinc (mg): 10mg
 Vitamin C (mg): 14mg
 Vitamin A (i.u.): 7147IU
 Vitamin A (r.e.): 1922RE

Thiamin B1 (mg): .3mg
 Riboflavin B2 (mg): 1.7mg
 Folic Acid (mcg): 124mcg
 Niacin (mg): 2mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 1 1/2
 Lean Meat: 8
 Vegetable: 2 1/2
 Fruit: 0
 Non-Fat Milk: 1 1/2
 Fat: 32 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2190 Calories from Fat: 1658

% Daily Values*

Total Fat	186g	287%
Saturated Fat	112g	559%
Cholesterol	461mg	154%
Sodium	4158mg	173%
Total Carbohydrates	55g	18%
Dietary Fiber	3g	14%
Protein	79g	
Vitamin A		143%
Vitamin C		24%
Calcium		227%
Iron		19%

* Percent Daily Values are based on a 2000 calorie diet.