Potato beef casserole



Recipe credit

ONIE Project - Oklahoma Nutrition Information and Education

About this recipe

Serves
5
Serving size
1/5 of the recipe

Ingredients

- 1 onion (diced)
- 1/2 pound ground beef (85% lean)
- 5 potatoes (or 1 package hash browns)
- 1 can cream of mushroom soup (10 ounces)
- 5 ounces water

Directions

1. Peel onion and dice into 1/4-inch pieces.
2. Cook ground beef and onions in a skillet until the meat is browned. Drain of fat.
3. Add mushroom soup and 1/2 can water.
4. Use a brush to scrub potatoes under cold running water. Slice potatoes into 1/2-inch thick pieces and places in the bottom of a casserole dish.
5. Spread meat and soup mixture over potatoes.
6. Bake at 350°F for 45 minutes until potatoes are tender and casserole is bubbly and browned.

Nutritional info

Calories
329
Total fat
9 g
Saturated fat
3 g
Cholesterol
34 mg
Sodium
484 mg
Total carbohydrates
46 g
Dietary fiber
5 g
Protein
16 g

Total sugar
6 g
Allergens
Soy

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