

Potato Rounds Hot Dish

- 2 pounds lean ground beef
- 1 small onion, chopped
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 4 (14.5 ounce) cans French-style green beans, drained (can use other canned vegetables or frozen vegetables, note – frozen vegetables do not have liquid to drain)
- 1 cup water
- 8 - 16 oz (1 – 2 cup) of shredded cheese -optional, (cheddar or cojack or marble or colby)
- 1 (32 ounce) package potato rounds/tater tots, thawed
- salt & pepper to taste



1. Preheat oven to 350 degrees F (175 degrees C).
2. Sauté onion in a large skillet until soft; add beef and cook until browned, season with salt & pepper to taste. Drain.
3. Spread cooked beef in the bottom of 9x13 baking dish or pan.
4. Drain the beans (or other vegetables), optional to reserve 1 cup of bean juices.
5. In a separate bowl mix the beans (or other vegetables) with the soup

Potato Rounds Hot Dish (continued)

- and 1 cup water (or vegetable juice).
6. Spread bean mixture on top of cooked ground beef.
 7. Sprinkle 1 -2 cup cheese.
 8. Then top with potato rounds/tater tots.
 9. Bake at 350 degrees F (175 degrees C) for 45 minutes – 1 hour or until casserole is cooked through.

Nutritional Information Per Serving: Calories: 292; Cholesterol: 50 mg;
Sodium: 729 mg; Fiber: 2 g; Carbohydrates: 17 g; Total Fat: 17 g

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