

# Potato topped hamburger delight10

Number of Servings: 10 (366.7 g per serving)

Amount	Measure	Ingredient
2.00	lb	Beef, ground, hamburger, pan browned, 1
1.00	cup	Onion, white, fresh, chpd
0.05	tsp	Spice, pepper, black, ground
19.00	oz	Soup, tomato, w/tomato pces, low sodium
6.00	cup	Snap Beans, green, cut, fzn
5.00	cup	Mashed Potatoes, Naturally REAL, low so
2.00	cup	Cheese, cheddar, shredded

## Nutrients per serving

Nutrition Facts	
Serving Size (367g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 380</b>	<b>Calories from Fat 150</b>
% Daily Value*	
<b>Total Fat 17g</b>	<b>26%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 240mg</b>	<b>10%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 5g	
<b>Protein 27g</b>	
Vitamin A 8%	• Vitamin C 15%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Instructions

Prepare fresh or instant potatoes (1/2 c/serving) for the yield you are preparing for.

Brown hamburger & onion. Drain off fat,

Cooked frozen green beans or drain, no salt added canned green beans can be used for this recipe. If using frozen green beans, cook until tender.

Combine browned hamburger, onion, green beans, low sodium soup, pepper, and cheese and pour into sprayed steamtable pan(s)(size & # of pans determined by yield).

Finish with mashed potato layer (1/2 c/serving) spread on top. Optional: sprinkle with paprika for color.

Bake at 350 degrees for 30-60 minutes (depending upon pan size) until approximately 175 degrees F.

Cut into the # pieces to match yield of recipe prepared.

Serve 1 piece/ person

1 serving = 2 CS

### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

### Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.
- Will need to be at least 180 degrees for home delivery.

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