

# Tator Tot CasseroleCO10

Number of Servings: 10 (208.51 g per serving)

Amount	Measure	Ingredient
22 1/2	oz	Beef, ground, hamburger, pan browned, 1
13.00	oz	Vegetables, classic, fzn
10.00	oz	Soup, cream of mushroom, low sodium, rt
1 1/2	oz	Onion, white, fresh, chpd
1 1/4	cup	Water, tap, municipal
4.00	oz	Cheese, cheddar, fancy, shredded
19.00	oz	Tater Tots, fzn
1 1/2	tsp	Sauce, worcestershire

## Nutrients per serving

Nutrition Facts	
Serving Size (209g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 270</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 1g	
<b>Protein 18g</b>	
Vitamin A 10%	• Vitamin C 4%
Calcium 6%	• Iron 10%
*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

Brown lean ground beef with onions. Add frozen mixed vegetables, low sodium ready to serve canned soup, Worcestershire sauce and water. Bring to a boil.

Pour into appropriate sized pan(s), cover with cheese and tater tots,

Bake covered with foil at 325 degrees F for approximately 20 minutes. Uncover and bake 10-20 minutes longer or until browned and vegetables are tender.

Serving size #6 scoop or 2/3 cup

1 serving = 2/3 c = 1 CS

### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

### 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 175 degrees or higher for home delivery.