

Beef and Tomato Bake

Makes: 6 Servings

Canned, condensed tomato soup provides a base for a beef and vegetable casserole dish.

Ingredients

nonstick cooking spray
2 medium potatoes (sliced)
2 **cups** sliced carrots (fresh or canned)
1/4 **teaspoon** black pepper
1/4 **teaspoon** salt
1/2 **cup** onion (sliced)
1 **pound** lean ground beef (browned and drained or ground turkey)
1 1/2 **cups** green beans (fresh or canned)
1 **can** condensed tomato soup (about 10 ounces)

Directions

1. Preheat oven to 350 degrees F. Spray a 9x9-inch baking dish with nonstick cooking spray.
2. Layer potatoes, carrots, meat, beans, soup, pepper, and salt in dish.
3. Cover with an oven-safe lid or aluminum foil and bake for 45 minutes or until potatoes are soft and casserole is bubbling.
4. Uncover and bake for 15 more minutes.

Notes

Tip: Canned or frozen corn or peas may be used instead