

Sensational Six-Layer Dinner

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 2 potatoes (medium, sliced)
- 2 cups carrot (sliced)
- 1/4 teaspoon black pepper
- 1/2 cup onion (sliced)
- 1 pound ground beef (browned and drained)
- 1 1/2 cups green beans
- 1 can tomato soup

Directions

1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover.
3. Bake at 350 degree for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes.

Notes

For variation, use peas or corn instead of green beans.
Use your favorite cream soup instead of tomato soup.

University of Wisconsin, Cooperative Extension Service, One Dish MealsA Family Living Program

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	260	
Total Fat	6 g	9%
Protein	25 g	
Carbohydrates	26 g	9%
Dietary Fiber	3 g	12%
Saturated Fat	2.5 g	13%
Sodium	480 mg	20%