

Crockpot Bacon Ranch Cheeseburger Tater Tot Casserole

Gwen

www.SlowCookerKitchen.com

Servings: 6

1 pound lean ground beef
1 package bacon, cooked and crumbled
1/2 cup yellow onion, chopped
2 teaspoons garlic (optional), minced
1 can (10.5 ounce) cheddar cheese soup
1 can (10.5 ounce) cream of mushroom soup
1/2 cup sour cream
2 tablespoons Worcestershire sauce
1 to 1-1/2 packets ranch seasoning
1 package (32 ounce) tater tots
1 cup Cheddar cheese (optional), shredded
1 1/2 cups milk

Preparation Time: 10 minutes

Slow Cooker: 6 hours

In a skillet, cook the ground beef, bacon, onions and garlic until no longer pink. Drain off the excess fat.

In a large bowl, mix the cheddar cheese soup, mushroom soup, sour cream, Worcestershire sauce, Ranch dressing mix and milk. Blend until it looks like a thick sauce.

Place the meat mixture into the bottom of the crockpot. Place one-half of the Cheddar cheese on top of the meat mixture. Place one-half of the tater tots on top of the cheese layer. Pour the sauce mixture on top of the tater tots. Place the remaining cheese on the top.

Cover and cook on LOW for five to seven hours or HIGH for three and one-half to four hours.

Per Serving (excluding unknown items): 315 Calories; 24g Fat (68.8% calories from fat); 17g Protein; 7g Carbohydrate; trace Dietary Fiber; 75mg Cholesterol; 331mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Beef, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	315	Vitamin B6 (mg):	.2mg
% Calories from Fat:	68.8%	Vitamin B12 (mcg):	2.1mcg

% Calories from Carbohydrates:	9.4%
% Calories from Protein:	21.9%
Total Fat (g):	24g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	75mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	17g
Sodium (mg):	331mg
Potassium (mg):	400mg
Calcium (mg):	117mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	234IU
Vitamin A (r.e.):	70 1/2RE

Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	15mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 315	Calories from Fat: 217
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% Daily Values*

Total Fat 24g	36%
Saturated Fat 11g	53%
Cholesterol 75mg	25%
Sodium 331mg	14%
Total Carbohydrates 7g	2%
Dietary Fiber trace	1%
Protein 17g	
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Vitamin A	5%
Vitamin C	19%
Calcium	12%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.