

Crockpot Hamburger Potato Casserole

Gwen
www.SlowCookerKitchen.com

Servings: 4

2 pounds ground beef, browned and drained
1 large onion, sliced thin
6 medium potatoes, washed and sliced
1 1/2 cups carrots, sliced
1 can kidney beans, drained
2 cans (10.5 ounce) cream of mushroom soup
1/2 to 3/4 cup beef stock or broth
1 cup Cheddar cheese, shredded

Preparation Time: 10 minutes

Slow Cooker: 10 hours

In a bowl, mix the mushroom soup and beef broth. Set aside.

Spray the crockpot insert with cooking spray.

In the crockpot, layer the ground beef, onion, carrots, beans and potatoes.

Pour the soup mixture over the top.

Cover and cook on LOW for eight to ten hours.

Just before serving, place the cheese on top. Cover and allow to melt.

Per Serving (excluding unknown items): 1211 Calories; 75g Fat (55.7% calories from fat); 61g Protein; 73g Carbohydrate; 17g Dietary Fiber; 224mg Cholesterol; 886mg Sodium. Exchanges: 4 1/2 Grain(Starch); 7 Lean Meat; 1 1/2 Vegetable; 11 Fat.

Beef, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	1211	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	55.7%	Vitamin B12 (mcg):	6.3mcg
% Calories from Carbohydrates:	24.1%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	20.3%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	75g	Folacin (mcg):	240mcg
Saturated Fat (g):	32g	Niacin (mg):	15mg
Monounsaturated Fat (g):	30g	Caffeine (mg):	0mg
	5g	Alcohol (kcal):	0

Polyunsaturated Fat (g):	
Cholesterol (mg):	224mg
Carbohydrate (g):	73g
Dietary Fiber (g):	17g
Protein (g):	61g
Sodium (mg):	886mg
Potassium (mg):	2435mg
Calcium (mg):	343mg
Iron (mg):	10mg
Zinc (mg):	11mg
Vitamin C (mg):	45mg
Vitamin A (i.u.):	13866IU
Vitamin A (r.e.):	1446 1/2RE

% Refuse: 0 0%

Food Exchanges

Grain (Starch):	4 1/2
Lean Meat:	7
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	11
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 1211 **Calories from Fat:** 674

% Daily Values*

Total Fat 75g	115%
Saturated Fat 32g	159%
Cholesterol 224mg	75%
Sodium 886mg	37%
Total Carbohydrates 73g	24%
Dietary Fiber 17g	66%
Protein 61g	
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Vitamin A	277%
Vitamin C	75%
Calcium	34%
Iron	55%

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