

# Hashbrown Dinner (Slow Cooker)

Barbara Jones  
*Easy Slow Cooker Cookbook*

## Servings: 6

1 1/2 pounds lean ground chuck  
1 packet (one ounce) dry brown gravy mix  
1 can (15 ounce) cream-style corn  
1 can (15 ounce) whole kernel corn  
1 package (8 ounce) shredded Cheddar cheese, divided  
1 package (16 ounce) frozen hashbrowns, partially thawed  
1 can (10 ounce) golden mushroom soup  
1 can (5 ounce) evaporated milk

## Slow Cooker: 8 hours

Spray a slow cooker with nonstick cooking spray.

In a skillet, brown the beef. Drain the fat.

Place the beef in the slow cooker. Toss with the gravy mix.

Add the cream corn and whole kernel corn.  
Cover with one-half of the Cheddar cheese.

Top with the hashbrowns and remaining cheese.

In a bowl, combine the soup and evaporated milk. Mix well. Pour over the hashbrowns and cheese.

Cover and cook on LOW for six to eight hours.

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Per Serving (excluding unknown items): 132 Calories; 9g Fat (63.8% calories from fat); 8g Protein; 4g Carbohydrate; 0g Dietary Fiber; 32mg Cholesterol; 161mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Non-Fat Milk; 1 1/2 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	132	Vitamin B6 (mg):	trace
% Calories from Fat:	63.8%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	13.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	22.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	9g	Folacin (mcg):	7mcg
Saturated Fat (g):	6g	Niacin (mg):	trace

**Monounsaturated Fat (g):** 3g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 32mg  
**Carbohydrate (g):** 4g  
**Dietary Fiber (g):** 0g  
**Protein (g):** 8g  
**Sodium (mg):** 161mg  
**Potassium (mg):** 146mg  
**Calcium (mg):** 245mg  
**Iron (mg):** trace  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 366IU  
**Vitamin A (r.e.):** 90 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

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### Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

**Calories** 132 Calories from Fat: 84

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#### % Daily Values\*

<b>Total Fat</b> 9g			14%
Saturated Fat 6g			29%
<b>Cholesterol</b> 32mg			11%
<b>Sodium</b> 161mg			7%
<b>Total Carbohydrates</b> 4g			1%
Dietary Fiber 0g			0%
<b>Protein</b> 8g			
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<b>Vitamin A</b>			7%
<b>Vitamin C</b>			1%
<b>Calcium</b>			25%
<b>Iron</b>			1%

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