

## Beef

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# Poor Man's Dinner

Taste of Home Casseroles

**Servings: 6**

**Bake Time: 1 hour 15 minutes**

*To make Cheesy Beef Dinner: Substitute two 11 oz cans of condensed cheddar cheese soup for mushroom soup.*

**1 pound ground beef**

**1/4 teaspoon pepper**

**1/4 teaspoon garlic powder**

**5 large potatoes, peeled and sliced**

**1 large onion, sliced**

**2 cans (10 3/4 oz) condensed cream of mushroom soup, undiluted**

**1/2 cup 2% milk**

**minced fresh parsley**

In a large skillet, cook beef over medium heat until no longer pink; drain. Season with pepper and garlic powder. Layer, the beef, potatoes and onion slices in a shallow 2-quart baking dish. Combine soup and milk; pour over all. Cover and bake at 350 degrees for 1 and 1/4 hours or until potatoes are tender. Garnish with parsley.

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Per Serving (excluding unknown items): 437 Calories; 28g Fat (58.2% calories from fat); 17g Protein; 28g Carbohydrate; 2g Dietary Fiber; 67mg Cholesterol; 892mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.