

Sloppy Joe Biscuit Casserole

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ConAgra Foods, Inc.

Servings: 6

no-stick cooking spray
1 pound 85% lean ground round
1 1/2 cups frozen whole kernel corn
3/4 cup frozen chopped green pepper
3/4 cup frozen onions
1 can (15 ounce) sloppy joe sauce
1 can (15 ounce) pork and beans
1 package (7.5 ounce) buttermilk biscuit dough

Preparation Time: 20 minutes

Preheat the oven to 400 degrees.

Spray a 13x9x2-inch baking dish with cooking spray. Set aside.

In a large nonstick skillet over medium-high heat, cook and stir the beef for 5 to 7 minutes or until crumbled and no longer pink. Drain.

Add the corn, peppers and onion to the skillet. Cover. Cook for 3 to 4 minutes or until thawed. Stir in the sloppy joe sauce and beans. Cook for 4 to 5 minutes or until the mixture comes to a boil, stirring occasionally. Pour into the baking dish.

Meanwhile, remove the biscuit dough from the package. Cut each biscuit in half crosswise. Place the cut side down over the hot mixture around the edge of the baking dish, overlapping slightly.

Bake for 10 to 12 minutes or until the biscuits are deep golden brown.

Start to Finish Time: 30 minutes

Be sure the meat mixture is piping hot when the biscuits are placed around the edge of the dish so the bottom of the biscuits cook as well as the top.

Per Serving (excluding unknown items): 92 Calories; 1g Fat (8.6% calories from fat); 4g Protein; 20g Carbohydrate; 4g Dietary Fiber; 3mg Cholesterol; 238mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	92	Vitamin B6 (mg):	.1mg
% Calories from Fat:	8.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	76.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	34mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	3mg	% Refuse:	n.n%
Carbohydrate (g):	20g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	1
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	238mg	Vegetable:	1/2
Potassium (mg):	243mg	Fruit:	0
Calcium (mg):	31mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	80IU		
Vitamin A (r.e.):	8RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 92 **Calories from Fat:** 8

% Daily Values*

Total Fat 1g	2%
Saturated Fat trace	2%
Cholesterol 3mg	1%
Sodium 238mg	10%
Total Carbohydrates 20g	7%
Dietary Fiber 4g	15%
Protein 4g	
Vitamin A	2%
Vitamin C	8%
Calcium	3%
Iron	5%

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