

Turkey

Turkey-Bean Tater Tot Casserole

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Servings: 8

Preparation Time: 10 minutes

Cook time: 1 hour 30 minutes

1 pound ground turkey
1 cup onion, chopped
1 can (15 ounce) lima beans, undrained
1/2 cup Heinz tomato ketchup
6 tablespoons brown sugar
1 tablespoon Heinz distilled white vinegar
2 teaspoons chili powder
1 teaspoon salt
1 can (16 ounce) Heinz baked beans
1 can (15 ounce) red kidney beans, undrained
1 can (16 ounce) black beans, undrained
1 package (16 ounce) Ore-Ida Tater Tot

Preheat the oven to 350 degrees.

In a large nonstick skillet, brown the turkey and onion until the turkey is fully cooked.

Drain the lima beans, reserving the liquid.

Add the bean liquid, ketchup, sugar, vinegar, chili powder and salt to the skillet. Bring to a boil.

Meanwhile, combine the lima beans plus the baked beans, kidney beans and black beans with their liquid in a 13x9x2-inch baking dish.

Spoon the turkey mixture over the bean mixture.

Bake, uncovered, for 40 minutes.

Top with the Tater Tot.

Bake an additional 30 minutes or until the tots are crisp.

Per Serving (excluding unknown items): 355 Calories; 6g Fat (13.9% calories from fat); 25g Protein; 52g Carbohydrate; 12g Dietary Fiber; 45mg Cholesterol; 337mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.