

Crockpot Tater Tot Casserole

Gwen
www.SlowCookerKitchen.com

Servings: 8

1 pound ground beef
1 pound ground sausage
1 onion, diced
1 can cream of mushroom soup
1 can golden mushroom soup
1 1/2 cups milk
1/2 cup sour cream
1 package (32 ounce) frozen tater tots
1 cup Cheddar cheese, shredded

Preparation Time: 10 minutes

Slow Cooker: 7 hours

In a nonstick skillet over medium-high heat, heat one tablespoon of oil. Brown the meat and onion until the meat is no longer pink and the onion is translucent. Drain off excess grease.

In a bowl, mix the soups, milk and sour cream. Set aside.

In the bottom of the crockpot, layer the meat mixture, tater tots, soup mixture and shredded cheese.

Cover and cook on LOW for six to eight hours.

Per Serving (excluding unknown items): 313 Calories; 25g Fat (73.5% calories from fat); 15g Protein; 5g Carbohydrate; trace Dietary Fiber; 76mg Cholesterol; 286mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 Fat.

Beef, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	313
% Calories from Fat:	73.5%
% Calories from Carbohydrates:	6.8%
% Calories from Protein:	19.7%
Total Fat (g):	25g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	76mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	14mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Carbohydrate (g): 5g
Dietary Fiber (g): trace
Protein (g): 15g
Sodium (mg): 286mg
Potassium (mg): 267mg
Calcium (mg): 187mg
Iron (mg): 1mg
Zinc (mg): 3mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 321IU
Vitamin A (r.e.): 96 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 313 Calories from Fat: 230

% Daily Values*

Total Fat 25g 39%
Saturated Fat 12g 61%
Cholesterol 76mg 25%
Sodium 286mg 12%
Total Carbohydrates 5g 2%
Dietary Fiber trace 1%
Protein 15g

Vitamin A 6%
Vitamin C 3%
Calcium 19%
Iron 7%

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