

Easy Supper Casserole

Angeline Roesler and M. Evans

Community Living Committee - All Saint's Church Hammond, IN 1987

1 1/2 pounds ground beef or ground chuck

1 small onion, diced

1 can cream of mushroom soup

1 can cream of celery soup

1 Package (1 Pound) tater tots

Preheat the oven to 350 degrees.

Spread the raw ground beef on the bottom of an oblong two-quart casserole dish.

Sprinkle the diced onions on the beef.

Spread the cream of chicken soup over the meat and onions.

Follow with the cream of celery soup.

Place the tater tots in rows on top of the meat and soup.

Bake, uncovered, for one hour.

Per Serving (excluding unknown items): 261 Calories; 15g Fat (50.2% calories from fat); 5g Protein; 28g Carbohydrate; 3g Dietary Fiber; 17mg Cholesterol; 1985mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Vegetable; 2 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	261	Vitamin B6 (mg):	.1mg
% Calories from Fat:	50.2%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	41.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	15g	Folacin (mcg):	28mcg
Saturated Fat (g):	4g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0

Cholesterol (mg):	17mg
Carbohydrate (g):	28g
Dietary Fiber (g):	3g
Protein (g):	5g
Sodium (mg):	1985mg
Potassium (mg):	395mg
Calcium (mg):	107mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	8mg
Vitamin A (i.u.):	307IU
Vitamin A (r.e.):	31 1/2RE

% Daily Value* 0 0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	3 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 261 Calories from Fat: 131

% Daily Values*

Total Fat 15g	23%
Saturated Fat 4g	19%
Cholesterol 17mg	6%
Sodium 1985mg	83%
Total Carbohydrates 28g	9%
Dietary Fiber 3g	13%
Protein 5g	
<hr/>	
Vitamin A	6%
Vitamin C	14%
Calcium	11%
Iron	8%

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