
Barbecue Beef and Potato Bowl

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Servings: 6

Start to Finish Time: 25 minutes

2 tablespoons unsalted butter
1 package (10 to 14 ounce) sliced fresh peppers and onions
1 package (16 ounce) shredded beef (or pork)
1/2 cup reduced sodium beef broth (or stock)
1 package (24 ounce) country mashed potatoes
4 ounces (1 cup) pepper Jack (or Cheddar) cheese, shredded
6 tablespoons cooked bacon pieces
6 tablespoons sliced green onions
6 tablespoons French onion dip
3/4 cup french fried onions

Preheat a large saute' pan on medium-high heat for 1 to 2 minutes. Melt butter in the pan. Add the peppers and onions. Cook and stir for 5 to 6 minutes until tender.

Add the meat and broth. Cook and stir 2 to 3 minutes until the mixture is combined and hot.

Microwave the potatoes according to package directions. Divide the potatoes evenly among the serving bowls. Divide the beef mixture evenly on top of the potatoes. Place piles of cheese, bacon and green onions around the beef. Top with the dip and fried onions.

Serve.

Pasta

Per Serving (excluding unknown items): 69 Calories; 7g Fat (88.0% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 82mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.