WHAT'S COOKING IN THE MARKET?

Western Beef Casserole (slow cooker meal)

Servings: 8

Ingredients

1 pound lean ground beef, browned
1 - 16 oz can of kidney beans, rinsed and drained
1 - 16 oz can of corn, drained
1 - 10.75 oz can of tomato soup, low fat , low sodium
1 cup shredded sharp cheddar cheese
1 medium onion, diced
1/2 teaspoon chili powder
1/4 cup milk

Directions

1. Place all ingredients in slow cooker.
2. Cook on low for 6 hours or on high for 4 hours.
3. Serve warm and ENJOY!!

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	270	
Total Fat	9g	14%
Saturated Fat	4.5g	23%
Trans Fat	g	
Cholesterol	50mg	17%
Sodium	500mg	21%
Carbohydrates	29g	10%
Dietary Fiber	6g	24%
Sugars	6g	
Protein	22g	

MYPLATE FOOD GROUPS

- ☐ Grains
- ☐ Fruits
- ☐ Vegetables
- ☐ Protein
- ☐ Dairy

K·STATE Research and Extension

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