



Sensational Six-Layer Dinner

Ingredients:

- 2-3 raw, sliced potatoes (medium size)
- 2 cups sliced carrots
- ¼ teaspoon black pepper
- ½ cup onion, sliced
- 1 pound 90% lean ground beef, browned and drained
- 1 ½ cups fresh green beans cut into bite size pieces
- 1 can of condensed tomato soup

Be Creative: Use peas or corn instead of green beans. Use your favorite cream soup instead of tomato soup.

Directions:

1. Lightly oil or spray baking dish with cooking spray.
2. Layer potatoes, carrots, pepper, onion, cooked beef, beans and soup in order. Cover.
3. Bake at 350°F for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes.

Yields about 6 servings

Source: Adapted from Loving Your Family, Feeding Their Future - The Healthy Family Guide Book

Nutrition Facts			
Serving Size 1/6 of recipe (10.678 oz)			
Servings Per Recipe 6			
Amount Per Serving			
Calories	320	Calories from Fat	80
% Daily Value *			
Total Fat	9g		14%
Saturated Fat	3.5g		18%
Trans Fat	.5g		
Cholesterol	65mg		22%
Sodium	400mg		17%
Total Carbohydrate	33g		11%
Dietary Fiber	5g		20%
Sugars	0g		
Protein	25g		
Vitamin A	150%	Vitamin C	45%
Calcium	6%	Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
25% calories from fat			
Nutrition Facts based on standard recipe using 3 medium potatoes.			



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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