

## All-American Cheeseburger Bake

*This casserole tops the charts!*

Makes: 10 servings - 1 biscuit each

### Ingredients:

- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1 can (10.75 ounces) tomato soup, undiluted
- 2 tablespoons ketchup
- 1 tablespoon mustard
- 2 tablespoons pickle relish
- 1/4 teaspoon ground pepper
- 4 slices American cheese
- 1 can refrigerated biscuits (7.5 ounces – 10 biscuits)

### Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees F. 2. In large skillet, brown ground beef and onion on medium-high heat; drain well.
3. Add tomato soup, ketchup, mustard, relish, and pepper. Let mixture simmer on low heat for about 10 minutes.
4. Lightly coat 9-inch baking dish with non-stick cooking spray. 5. Spread meat mixture evenly in baking dish. 6. Place slices of American cheese on top of the meat. 7. Place biscuits on top of the cheese (may need to gently stretch biscuits to cover beef and cheese layers). 8. Bake casserole for about 11 to 12 minutes. If biscuits brown too quickly, cover with foil midway through baking.

*Nutrition Facts: One biscuit w/meat provides 180 calories, 7g total fat, 35mg cholesterol, 700mg sodium, 17g total carbohydrate*

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider. This material was funded by USDA's Food Stamp Program through a contract by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH AND EXTENSION  
FAMILY NUTRITION PROGRAM



### Chef's Choice

All-American Cheeseburger Bake  
Fresh green beans  
Fresh fruit slices  
Low fat milk

## All-American Cheeseburger Bake

*This casserole tops the charts!*

Makes: 10 servings - 1 biscuit each

### Ingredients:

- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1 can (10.75 ounces) tomato soup, undiluted
- 2 tablespoons ketchup
- 1 tablespoon mustard
- 2 tablespoons pickle relish
- 1/4 teaspoon ground pepper
- 4 slices American cheese
- 1 can refrigerated biscuits (7.5 ounces – 10 biscuits)

### Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees F. 2. In large skillet, brown ground beef and onion on medium-high heat; drain well.
3. Add tomato soup, ketchup, mustard, relish, and pepper. Let mixture simmer on low heat for about 10 minutes.
4. Lightly coat 9-inch baking dish with non-stick cooking spray. 5. Spread meat mixture evenly in baking dish. 6. Place slices of American cheese on top of the meat. 7. Place biscuits on top of the cheese (may need to gently stretch biscuits to cover beef and cheese layers). 8. Bake casserole for about 11 to 12 minutes. If biscuits brown too quickly, cover with foil midway through baking.

*Nutrition Facts: One biscuit w/meat provides 180 calories, 7g total fat, 35mg cholesterol, 700mg sodium, 17g total carbohydrate*

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider. This material was funded by USDA's Food Stamp Program through a contract by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH AND EXTENSION  
FAMILY NUTRITION PROGRAM



### Chef's Choice

All-American Cheeseburger Bake  
Fresh green beans  
Fresh fruit slices  
Low fat milk

## All-American Cheeseburger Bake

*This casserole tops the charts!*

Makes: 10 servings - 1 biscuit each

### Ingredients:

- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1 can (10.75 ounces) tomato soup, undiluted
- 2 tablespoons ketchup
- 1 tablespoon mustard
- 2 tablespoons pickle relish
- 1/4 teaspoon ground pepper
- 4 slices American cheese
- 1 can refrigerated biscuits (7.5 ounces – 10 biscuits)

### Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees F. 2. In large skillet, brown ground beef and onion on medium-high heat; drain well.
3. Add tomato soup, ketchup, mustard, relish, and pepper. Let mixture simmer on low heat for about 10 minutes.
4. Lightly coat 9-inch baking dish with non-stick cooking spray. 5. Spread meat mixture evenly in baking dish. 6. Place slices of American cheese on top of the meat. 7. Place biscuits on top of the cheese (may need to gently stretch biscuits to cover beef and cheese layers). 8. Bake casserole for about 11 to 12 minutes. If biscuits brown too quickly, cover with foil midway through baking.

*Nutrition Facts: One biscuit w/meat provides 180 calories, 7g total fat, 35mg cholesterol, 700mg sodium, 17g total carbohydrate*

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider. This material was funded by USDA's Food Stamp Program through a contract by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH AND EXTENSION  
FAMILY NUTRITION PROGRAM



### Chef's Choice

All-American Cheeseburger Bake  
Fresh green beans  
Fresh fruit slices  
Low fat milk

## All-American Cheeseburger Bake

*This casserole tops the charts!*

Makes: 10 servings - 1 biscuit each

### Ingredients:

- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1 can (10.75 ounces) tomato soup, undiluted
- 2 tablespoons ketchup
- 1 tablespoon mustard
- 2 tablespoons pickle relish
- 1/4 teaspoon ground pepper
- 4 slices American cheese
- 1 can refrigerated biscuits (7.5 ounces – 10 biscuits)

### Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees F. 2. In large skillet, brown ground beef and onion on medium-high heat; drain well.
3. Add tomato soup, ketchup, mustard, relish, and pepper. Let mixture simmer on low heat for about 10 minutes.
4. Lightly coat 9-inch baking dish with non-stick cooking spray. 5. Spread meat mixture evenly in baking dish. 6. Place slices of American cheese on top of the meat. 7. Place biscuits on top of the cheese (may need to gently stretch biscuits to cover beef and cheese layers). 8. Bake casserole for about 11 to 12 minutes. If biscuits brown too quickly, cover with foil midway through baking.

*Nutrition Facts: One biscuit w/meat provides 180 calories, 7g total fat, 35mg cholesterol, 700mg sodium, 17g total carbohydrate*

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider. This material was funded by USDA's Food Stamp Program through a contract by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

K-STATE RESEARCH AND EXTENSION  
FAMILY NUTRITION PROGRAM



### Chef's Choice

All-American Cheeseburger Bake  
Fresh green beans  
Fresh fruit slices  
Low fat milk