

All-American Cheeseburger Bake

This casserole tops the charts!

10 servings - 1 biscuit each

Ingredients:

- 1 pound lean ground beef
- 1/2cup 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:

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 butterfly provides 170 calories, 13g total fat, 15mg cholesterol, 370mg sodium, 9g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
All-American
Cheeseburger Bake
Fresh green beans
Fresh fruit slices
Low fat milk

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