



All-American Cheeseburger Bake

This casserole tops the charts!



Level: Medium

Makes: 10 servings - 1 biscuit each

Kids' Tool Kit

Large skillet
Knife
Cutting board
Can opener
Measuring spoons
Measuring cup
Spoon
Colander/strainer
9-inch baking dish
Cooking spray
Hot pads

Chef's Choice

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

Nutrition Facts

Serving Size 1 biscuit w/ meat (123g)
Servings Per Container 10

Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 3.5g	17%
Cholesterol 35mg	12%
Sodium 700mg	29%
Total Carbohydrate 17g	6%
Dietary Fiber less than 1g	4%
Sugars 4g	
Protein 13g	
Vitamin A 6%	Vitamin C 8%
Calcium 8%	Iron 10%

*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: 2,000	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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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.



Helpful Hints: Substitute favorite ingredients in this recipe. Try a 16-ounce can of sloppy joe sauce instead of the tomato soup, ketchup, mustard and pickle relish. Use your favorite kind of cheese to create the cheeseburger taste you love. Shredded cheese is okay to use if you don't have cheese slices.

After browning hamburger, drain the meat well. To reduce fat even more, put the meat in a colander or strainer and rinse it with running water. A paper towel can also be used to pat the beef and remove excess fat.



Safety Tips in the Kitchen: An adult should be present when a child is using the stove. Remember to keep skillet and pan handles pointed away from the edge of the stove where they could be bumped and spilled.

Be sure to clean the tomato soup can lid before opening. The lid will have sharp edges after opening, so handle with care!

Always use dry hot pads when removing food from the oven. Know where you're going to set the casserole before you take it out of the oven. Have a cooling rack or other safe place ready! Let the casserole cool a couple minutes before eating so you don't burn your tongue!

Refrigerate leftovers within two hours of baking and re-heat to 165 degrees F. for another meal.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.