



CONVIVIUM
URBAN FARMSTEAD

THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING

The recipe is provided below if you would like to recreate the meal.

Reheating Instructions:

If reheating the entire casserole, place in the oven at 375 degrees F for 30-35 minutes or until it is 165 degrees in the center.

It can also be portioned out cold and then reheated in the microwave as individual portions.

DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.

Green Bean & Tator Tot Casserole

INGREDIENTS

- 1-1.5 lbs lean ground beef
- 1/2 onion, diced (or 1 tbsp onion powder)
- 2 cloves garlic, minced (or 2 tsp garlic powder)
- 1 tbsp Worcestershire sauce
- 15 oz can green beans, drained
- 3/4 cup corn, frozen or canned
- 10.75 oz can condensed cream of mushroom soup – we used a homemade recipe, but either work!
- 1 cup shredded cheddar cheese
- 4 cups frozen tater tots (a little over 1 pound)
- salt and pepper to taste

Instructions

1. Preheat oven to 375F and lightly grease an 8 or 9-inch baking dish with cooking spray. Set aside.
2. Brown the ground beef in a large skillet over medium-high heat. Drain excess fat.
3. Add the onions to the beef and sauté for 4 to 5 minutes until translucent. Add the garlic and cook, stirring frequently, for an additional minute. Stir in Worcestershire sauce and season with salt and pepper to taste.
4. Transfer ground beef mixture to the prepared baking dish and spread evenly on the bottom.
5. Top with the cream of mushroom soup and gently stir in with the beef. Then spread the corn, green beans, salt and pepper to taste, and cheddar cheese. Finally, top with tater tots.
6. Bake for 35 to 40 minutes or until tater tots are golden brown and cheese is melted.
7. Best enjoyed immediately.

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