




Garlic Mashed Potatoes and Beef Bake

- Ingredients:**
- 1 pound lean ground beef
 - 1 can (15 ounces) cream of mushroom soup
 - 1 teaspoon garlic powder
 - 1 tablespoon Worcestershire sauce
 - 1 bag (16 ounces) frozen vegetable combination (broccoli, cauliflower, carrots), thawed
 - 3 cups instant mashed potatoes, prepared according to package directions



Shopping List:

- ground beef
- cream of mushroom soup
- garlic powder
- Worcestershire sauce
- frozen vegetables
- instant mashed potatoes

- Equipment:**
- skillet
 - can opener
 - measuring cup and spoons
 - mixing spoon
 - 2-quart casserole dish
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Directions:

1. Heat oven to 400°F.
2. Cook beef in skillet until browned. Pour off excess fat.
3. Mix beef, ½ can of soup, Worcestershire sauce, and vegetables in a 2-quart casserole dish.
4. Stir remaining soup into potatoes and spoon over beef mixture.
5. Bake for 20 minutes.

This recipe takes 20 minutes plus 20 minutes to bake. Makes 4 servings at about \$1.75 per serving.

Variation: Top with your favorite cheese before baking.



Nutrition Notes:

Cooking thermometers measure the temperatures of foods. This helps make sure that the food is safe to eat and that it is high quality.

Types of Cooking Thermometers:

- Candy thermometer
- Meat thermometer

Cleaning:

- Clean the thermometers after you use them by washing them in hot, soapy water.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 4

Amount Per Serving

Calories 350 **Calories from Fat 150**

% Daily Value*

Total Fat 17g **26%**

Saturated Fat 7g **37%**

Cholesterol 45mg **14%**

Sodium 820mg **34%**

Total Carbohydrate 30g **10%**

Dietary Fiber 5g **22%**

Sugars 1g

Protein 21g

Vitamin A 80% • Vitamin C 30%

Calcium 10% • Iron 15%

*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 30g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4