



# Easy Tater Tot(R) Casserole



Prep	Cook	Ready In
5 m	55 m	1 h

**SAFeway**

Safeway  
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83814

*Recipe By:* Carol White Howden

"Frozen Tater Tots(R), Cheddar cheese, ground beef, and cream of mushroom soup combine for a comfort food classic in this recipe."

## Ingredients

1 1/2 pounds ground beef	1 (16 ounce) package frozen bite-size potato nuggets (such as Tater Tots(R))
1 cup diced onion	2 cups shredded Cheddar cheese
1 pinch garlic powder, or to taste	1 pinch paprika, or to taste
1 pinch salt and ground black pepper to taste	1 pinch dried parsley flakes, or to taste
1 (26.5 ounce) can condensed cream of mushroom soup	

**Onions Walla Walla**  
\$0.99 - expires in 5 days

## Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- 2 Cook and stir ground beef, onion, garlic powder, salt, and black pepper in a skillet over medium heat until beef is browned and crumbly, 7 to 10 minutes. Spread beef into the bottom of the prepared baking dish.
- 3 Stir cream of mushroom soup, potato nuggets, and Cheddar cheese together in a large bowl until potato nuggets are evenly coated in soup and cheese. Spread potato nugget mixture over beef mixture.
- 4 Bake in the preheated oven until browned, about 45 minutes. Sprinkle paprika and parsley flakes over the top.

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**Recipe Analysis Worksheet FIGURE 1**

Recipe Name:

Portions per Recipe:

**Tater tot Casserole**

Kinder prep #1

1-2 year old	25	Portion size	1/2 cup
3-5 year old	18		2/3 cup
6-12 year old	12		1 cup

credits for M/MA and 2nd vegetable

credits for M/MA and 2nd vegetable

credits for M/MA and 2nd vegetable

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchased unit) (2)	Purchase Unit (3)	FBG		Vegetables/ Fruits (1/4 cup) (6) = (2) X (4)	Grains/ Breads (servings) (7) = (2) X (4)	recipe volume		FBG  volume cups per purchase unit
			Servings per Purchase Unit in (4)	Meat/ Meat Alternates (ounces) (5) = (2) X (4)					
hamburger	1.500	pound	11.50	17.25			3.00	cups	2.000
grated cheese	1.000	pound	16.00	16.00			2.00	cups	2.000
				0.000			0.00	cups	
							0.00	cups	
onion	0.500	pound	12.60		6.30		1.00	cups	2.000
tater tots	1.000	pound	12.70		12.70		3.00	cups	3.000
					0.00		0.00	cups	0.000
					0.00		0.00	cups	0.000
					0.00		0.00	cups	0.000
						0.00	0.00	cups	
						0.00	0.00	cups	
						0.00	0.00	cups	
cream of mushroom soup	1.000		28.50				3.500	cups	
								cups	
								cups	
			<b>Totals</b>	33.25	19 1/4 C	0.00	12.50	cups	
				33.25	4.75	0	12.5	Volume	
<b>This Recipe provides</b>	<b>Each Portion Contributes</b>		<b>1-2 yr. olds</b>	1 oz.	1/8 cup	1/2 serving	0.378787879		
				33.25	38.00	0 33	1/2 cup	16 1/2	portions per recipe
	<b>Each Portion Contributes</b>		<b>3-5 yr. olds</b>	1.5 oz.	1/4 cup	1/2 serving	0.657894737	25	25
				22.17	19.00	0 19	2/3 cup	12 2/3	
<b>Special Notes:</b>	<b>Each Portion Contributes</b>		<b>6-12 yr. olds</b>	2 oz.	1/2 cup	1 serving	0.78125	18 3/4	18
<b>Pan size:</b>				16.63	9.5	0 16	1 cup	16	
<b>serving size:</b>					19 1/4 c servings		12 1/2		12