

Tater Tot Casserole for #SundaySupper

Recipe by: Neighborfood

Prep time: 15 mins Cook time: 1 min Total time: 16 mins

Serves: 8

Ingredients

- 2 lbs. ground beef
- 1 onion, chopped
- 1 teaspoon Kosher salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1 can cream of chicken or mushroom soup
- 1 cup sour cream
- 1 cup milk
- 2 cans low sodium green beans (or 16 oz package frozen green beans)
- 2 cups shredded cheddar cheese (I used a mixture of mild and sharp)
- 1 large bag tater tots
- **For a vegetarian version replace meat with a pound of fresh sliced mushrooms sauteed in 1 Tablespoon butter and 1 Tablespoon olive oil. Replace cream of chicken soup with cream of mushroom soup. Place mushrooms on the bottom followed by soup mixture, beans, cheese, and tots.

Instructions

1. In a large skillet brown beef and onions until no pink remains, about 10 minutes. Drain the fat. Season with salt, pepper, and garlic powder. Place meat mixture in the bottom of a 9 x 13 in pan.
2. In a mixing bowl, whisk together cream soup, sour cream, and milk. Pour over hamburger.
3. Scatter green beans over top of the soup mixture.
4. Scatter shredded cheese over green beans.
5. Refrigerate or freeze until ready to bake. Allow frozen casserole to thaw in the fridge overnight before baking. When ready to bake, preheat oven to 350 degrees. Arrange tater tots on top of the cheese. If you are taking it straight from the fridge, place the pan in the oven right away so it can warm up with the oven. Bake until mixture is bubbly and the tots are golden brown, about 45 minutes to an hour if coming from the fridge.

Recipe by Neighborfood at <http://www.neighborfoodblog.com/2013/01/tater-tot-casserole-for-sundaysupper.html>