

## Tater Tot Hotdish

4 servings

### *All you need:*

- 1 lb 95% lean ground beef or ground turkey breast
- 1 small onion, chopped
- 1 tsp minced garlic or salt-free garlic powder
- 1 (10 ¾ oz) can 98% fat-free cream of celery soup
- 1-½ cups frozen vegetable mix
- 2 cups frozen tater tots
- Pepper to taste



### *All you do:*

1. Preheat oven to 375° F.
2. In a non-stick frying pan over medium heat, brown ground beef and onion; drain off excess fat.
3. Combine garlic, soup and vegetables in an 8 X 8 baking dish. Add meat and onion mixture, stir to mix well.
4. Place frozen tater tots on top.
5. Bake for 25-30 minutes or until the tater tots are golden brown.

Nutrition facts per serving:

370 calories, 14g total fat, 4.5g saturated fat, 80mg cholesterol, 630mg sodium, 33g carbohydrates, 6g dietary fiber, 30g protein