Sensational Six-Layer Dinner

Serving Size: 1/6 of recipe
Yield: 6 servings

Recipe Finder Recipes

Ingredients:

2 - 3 medium sliced potatoes
2 cups sliced carrots
1/4 teaspoon black pepper
1/2 cup sliced onion
1 pound browned and drained ground beef
1 1/2 cups green beans
1 can tomato soup

Instructions:

1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover.
3. Bake at 350 degree for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes.

Note: For variation, use peas or corn instead of green beans. Use your favorite cream soup instead of tomato soup.
Adapted from: One Dish Meals, A Family Living Program University of Wisconsin Cooperative Extension Service

USDA

SNAP-Ed Connection
Supplemental Nutrition Assistance Program

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Comida Sensacional de Seis Capas

Tamano de Servido: 1/6 de receta
Rinde: 6 porciones

Buscador de Recetas

Ingredientes:

2-3 papas medianas rebanadas
2 tazas de zanahorias rebanadas
1/4 cucharadita de pimienta negra
1/2 taza de cebolla rebanada
1 libra de carne de res molida, drenada y ligeramente dorada
1 1/2 taza de ejotes
1 lata de sopa de tomate

Instrucciones:

1. Ligeramente engrase un molde para hornear con aceite o aceite en aerosol.
2. Coloque los ingredientes en el orden dado por capas. Cubra.
3. Hornee a 350F° durante 45 minutos o hasta que los ingredientes estén suaves y bien cocidos.
4. Saque la tapa y cocine durante 15 minutos más.

Notas: Para variar, utilice chícharos o elote en lugar de ejotes. Utilice su crema de verduras favorita en lugar de la sopa de tomate.
Adaptada de: One Dish Meals, A Family Living Program University of Wisconsin Cooperative Extension Service

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