



## Empty Wallet Casserole

READY IN



90 min.

SERVINGS



5

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 10.8 ounce cream of chicken soup canned
- 2 teaspoons thyme dried
- 2 cups mushrooms fresh sliced
- 2 teaspoons garlic minced
- 1 pound ground beef
- 1.5 teaspoons ground cumin
- 1 small onion sliced into thin rings
- 1 pinch paprika for garnish

- 3 large potatoes thinly sliced
- 2 teaspoons poultry seasoning
- 5 servings salt and pepper to taste
- 20 saltines crushed

## Equipment

- frying pan
- oven
- baking pan
- casserole dish
- aluminum foil

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Crumble the ground beef into a large skillet over medium heat. Season with salt, pepper, cumin, garlic, poultry seasoning, and thyme. Cook, stirring to crumble, until evenly browned.
- Drain, and transfer to a 9x13 inch baking dish, or large casserole dish.
- Arrange 2 layers of sliced potato over the ground beef, seasoning each layer with salt and pepper. Melt butter in the skillet over medium heat, and saute the onions and mushrooms until tender.
- Spread over the top of the potatoes.
- Stir just enough water into the soup to make it pourable, and spoon over the top of the casserole, making sure to spread out evenly. Scatter the cracker crumbs over the top, and sprinkle with paprika. Cover the dish with aluminum foil.
- Bake for about 1 hour in the preheated oven, until the potatoes are soft.
- Remove the aluminum foil, and return to the oven to brown the top, about 10 minutes.

## Nutrition Facts



PROTEIN 17.03%  FAT 43.81%  CARBS 39.16%

## Properties

Glycemic Index:57.15, Glycemic Load:30.88, Inflammation Score:-8, Nutrition Score:25.870869641719%

## Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

## Nutrients (% of daily need)

Calories: 567.77kcal (28.39%), Fat: 27.82g (42.79%), Saturated Fat: 11.2g (70.01%), Carbohydrates: 55.94g (18.65%), Net Carbohydrates: 49.78g (18.1%), Sugar: 3.63g (4.03%), Cholesterol: 81.33mg (27.11%), Sodium: 848.8mg (36.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.32g (48.64%), Vitamin C: 46.24mg (56.04%), Vitamin B6: 1.04mg (52.2%), Vitamin B3: 8.67mg (43.33%), Potassium: 1393.8mg (39.82%), Phosphorus: 346.16mg (34.62%), Iron: 6.23mg (34.58%), Zinc: 5.02mg (33.44%), Vitamin B12: 1.98µg (32.95%), Manganese: 0.65mg (32.66%), Selenium: 20.64µg (29.49%), Vitamin B2: 0.46mg (26.96%), Copper: 0.54mg (26.8%), Fiber: 6.16g (24.65%), Vitamin K: 25.2µg (24%), Vitamin B1: 0.36mg (23.77%), Magnesium: 81.72mg (20.43%), Vitamin B5: 1.89mg (18.91%), Folate: 70.74µg (17.68%), Calcium: 82.88mg (8.29%), Vitamin E: 1.07mg (7.1%), Vitamin A: 309.54IU (6.19%), Vitamin D: 0.17µg (1.12%)