



Saucy Beef and Vegetable Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



516 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 0.5 teaspoon cream of tartar
- ☐ 0.5 teaspoon marjoram dried
- ☐ 2 cups flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 pound ground beef

- ☐ 1 cup milk
- ☐ 1 small onion chopped
- ☐ 0.5 cup salsa
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup heavy whipping cream sour
- ☐ 2 teaspoons sugar white
- ☐ 15 ounce kernel corn whole drained canned
- ☐ 1 cup zucchini shredded

Equipment

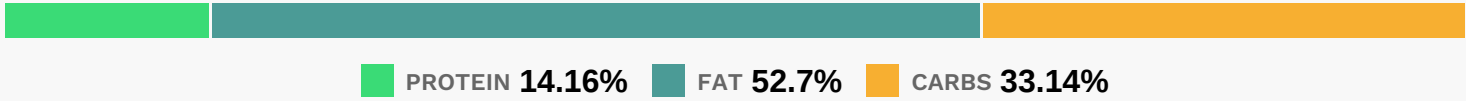
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ In a large skillet over medium heat, brown the ground beef.
- ☐ Drain the beef, and mix in the zucchini, onion, garlic, and marjoram. Cook and stir until vegetables are tender.
- ☐ Mix in the salsa, tomato soup, and corn. Season with 1 teaspoon salt.
- ☐ Transfer to the prepared baking dish.
- ☐ In a medium bowl, mix the flour, baking powder, sugar, cream of tartar, 1/2 teaspoon salt, and garlic powder.
- ☐ Cut in the butter until the mixture resembles coarse crumbs. Stir in the Cheddar cheese, sour cream, and milk.

- ☐
- Spread over the beef mixture in the baking dish.
- ☐
- Bake covered in the preheated oven 25 minutes, or until the topping is golden brown and a toothpick inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:58.2, Glycemic Load:21.15, Inflammation Score:-7, Nutrition Score:16.170434889586%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 516.25kcal (25.81%), Fat: 30.34g (46.68%), Saturated Fat: 15.25g (95.3%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 41.04g (14.92%), Sugar: 7.59g (8.43%), Cholesterol: 89.96mg (29.99%), Sodium: 1125.76mg (48.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.35g (36.69%), Selenium: 23.79µg (33.99%), Phosphorus: 281.71mg (28.17%), Vitamin B3: 5.3mg (26.52%), Vitamin B12: 1.51µg (25.12%), Calcium: 224.6mg (22.46%), Zinc: 3.36mg (22.37%), Vitamin B1: 0.33mg (22.27%), Vitamin B2: 0.38mg (22.18%), Folate: 85.43µg (21.36%), Potassium: 663.5mg (18.96%), Manganese: 0.37mg (18.53%), Iron: 3.25mg (18.06%), Vitamin A: 823.32IU (16.47%), Vitamin B6: 0.33mg (16.47%), Vitamin C: 9.8mg (11.88%), Magnesium: 41.66mg (10.41%), Fiber: 1.88g (7.51%), Copper: 0.14mg (7.24%), Vitamin B5: 0.71mg (7.06%), Vitamin E: 1.05mg (7.01%), Vitamin K: 5.23µg (4.98%), Vitamin D: 0.43µg (2.9%)