



WHATSheATE

Scrumptious Beef and Potato Casserole

READY IN



150 min.

SERVINGS



8

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 pounds beef stew meat cut into 3/4 inch pieces
- ☐ 1.3 cups flake cereal whole wheat crumbled
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.3 cups milk
- ☐ 1 large onion thinly sliced
- ☐ 4 large potatoes peeled chopped
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons shortening

- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 cup water

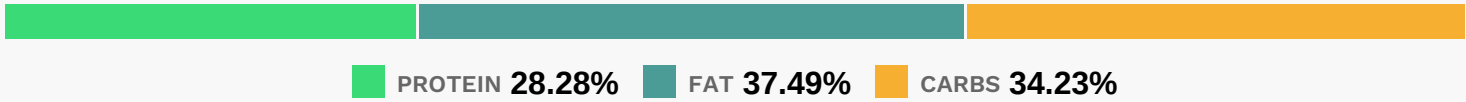
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet over high heat, melt the shortening and quickly brown the ground beef with the onion. Stir in water and bring to a boil. Cover, reduce heat to low and simmer for 30 minutes.
- ☐ In a medium bowl, thoroughly mix the condensed cream of mushroom soup, sour cream, milk, salt and pepper. Set aside.
- ☐ Pour meat mixture into a 9x13 inch baking dish. Arrange potatoes over the meat.
- ☐ Pour soup mixture over the potatoes.
- ☐ Sprinkle with Cheddar cheese. Top with whole wheat flake cereal.
- ☐ Bake in preheated oven, uncovered, for 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:27.57, Inflammation Score:-8, Nutrition Score:30.494347862575%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 517.93kcal (25.9%), Fat: 21.66g (33.32%), Saturated Fat: 9.59g (59.94%), Carbohydrates: 44.49g (14.83%), Net Carbohydrates: 38.88g (14.14%), Sugar: 6.26g (6.95%), Cholesterol: 107.87mg (35.96%), Sodium: 787.25mg (34.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.75g (73.5%), Vitamin B6: 1.47mg (73.69%), Selenium: 41.13µg (58.76%), Vitamin B3: 11.09mg (55.45%), Phosphorus: 518.67mg (51.87%), Vitamin B12: 2.89µg (48.12%), Vitamin C: 37.99mg (46.05%), Zinc: 6.79mg (45.27%), Potassium: 1377.01mg (39.34%), Manganese: 0.67mg (33.72%), Iron: 5.88mg (32.69%), Vitamin B2: 0.52mg (30.54%), Vitamin B1: 0.38mg (25.5%), Magnesium: 100.18mg (25.04%), Folate: 96.88µg (24.22%), Calcium: 229.44mg (22.94%), Fiber: 5.61g (22.45%), Copper: 0.44mg (22.06%), Vitamin B5: 1.51mg (15.1%), Vitamin A: 543.06IU (10.86%), Vitamin K: 7.72µg (7.35%), Vitamin E: 0.84mg (5.61%), Vitamin D: 0.71µg (4.74%)