

SOUR CREAM AND ONION TATER TOT CASSEROLE

Ingredients:

1 lb. ground beef (ground turkey would also work well here- you can also do ground Veggie crumbles to make it Vegetarian)

1 32 oz. package Tater Tots

$\frac{3}{4}$ cup Hood sour cream (use light for less calories)

$\frac{1}{4}$ cup milk (use low fat or skim for less calories)

$\frac{1}{2}$ cup chicken broth

1 $\frac{1}{2}$ cup shredded Colby Jack cheese

1 $\frac{1}{2}$ tsp garlic salt

1 medium onion

2-3 tsps. oil mix (90% veg oil, 10% olive oil)

salt and pepper to tast

Directions:

Thaw tater tots.

Dice onion finely. (I have been known to mince mine- same flavor, but if your kids don't enjoy the texture of onions, the smaller they are, the less likely they are to notice them in the dish)

Grease a 9×13 baking pan.

Preheat oven to 350

1. Saute onions in oil mix until they begin to become

translucent

onions-tater-tot-casserole

2. Add ground beef to pan and cook until done.

3. Drain excess liquid if needed.

4. In a large bowl combine tater tots, ground beef, sour cream , milk, chicken broth, shredded cheese, garlic salt, and onion- stir to combine all ingredients well.

tater-tot-casserole-mix-ready

5. Pour into prepared baking pan.

6.Sprinkle with additional cheese if desired.

tater-tot-casserole- before-oven

7. Bake for 30 minutes until top is golden brown and bubbling.

8. Allow to sit for 10 minutes before serving.