

# Beef and Tomato Bake

**Makes:** 6 Servings

Canned, condensed tomato soup provides a base for a beef and vegetable casserole dish.

## Ingredients

- nonstick cooking spray
- 2** medium potatoes (sliced)
- 2 cups** sliced carrots (fresh or canned)
- 1/4 teaspoon** black pepper
- 1/4 teaspoon** salt
- 1/2 cup** onion (sliced)
- 1 pound** lean ground beef (browned and drained or ground turkey)
- 1 1/2 cups** green beans (fresh or canned)
- 1 can** condensed tomato soup (about 10 ounces)

## Directions

1. Preheat oven to 350 degrees F. Spray a 9x9-inch baking dish with nonstick cooking spray.
2. Layer potatoes, carrots, meat, beans, soup, pepper, and salt in dish.
3. Cover with an oven-safe lid or aluminum foil and bake for 45 minutes or until potatoes are soft and casserole is bubbling.

4. Uncover and bake for 15 more minutes.

## Notes

Tip: Canned or frozen corn or peas may be used instead

**Source:** Recipe adapted from Food.com