



## Tater Tot Casserole

Serves 6

### Ingredients:

2 tbsp cooking oil (canola, grapeseed, olive, etc.)  
1 cup of frozen seasoning blend (onion and celery mix in the freezer section of the grocery store)  
    Or use freshly diced onion and celery  
1 ½ lbs of lean ground beef  
1 can Tomato Bisque Soup  
1 can of peas and carrots—including the water  
1 can diced tomatoes—including the water  
Tater Tots—enough to feed your family

### Optional:

- Use whatever vegetables you have available such as a can of corn and a can of green beans
- Top with your favorite cheese
- Use ground turkey instead of ground beef
- Use a can of beefy mushroom soup for added moisture and flavor

### Directions:

1. Place your tater tots in the oven and bake according to the directions on the package
2. Place the 2 tbsp of oil in a large saute pan and heat
3. Add in the onion and celery mix, stirring frequently until the onions are clear
4. Add the ground beef to the pan and saute until the ground beef is thoroughly cooked  
    Note: If using ground beef with a fat content greater than 10%, drain the grease from the pan before proceeding to the next step
5. Once the ground beef is cooked, add in the soup and diced tomatoes. Mix thoroughly
6. Add in the vegetables and simmer until the mixture has reached the desired thickness
7. Add salt, pepper or other family favorite seasonings to taste
8. Serve with the tater tots

Consider serving with any of the following:

    Serve over baked potato or rice instead of tater tots  
    Top with cheese

### Variations of the recipe you might like to try:

    For a dairy free version, omit the Tomato Bisque Soup

### Freezing Instructions:

Keep tater tots frozen until you the day you prepare the Tater Tot Casserole to eat. Prepare as instructed above. Allow the mixture to cool a little before transferring into freezer safe container(s) such as a gallon size freezer bag or other freezer safe container. When you are ready to eat, start by



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## Family Meal Planning

cooking the tater tots according to the instructions on the bag. Transfer the meat mixture from the freezer container to a large pot or saute pan. Add enough water to cover the bottom of the pan approximately ½" deep. Heat on medium until the meat mixture thaws and warm to the desired temperature. Tater tots can be served on top of or next to the meat mixture.