

Cowboy Casserole

Ingredients:

- 1 pound lean grassfed ground beef
- 1 medium onion chopped
- 3 cloves garlic minced
- 1 can 10.75 oz condensed cream of mushroom soup (*sodium free*)
- 1/2 cup milk of choice
- 1 can 15 oz kidney beans, drained and rinsed
- 1 can 14.5 oz diced tomatoes with green chilies
- 1 cup frozen corn
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cups diced potatoes about 1.5 pounds (*russet works great*)
- 1 cup low fat shredded cheddar cheese
- *Optional: Chopped green onions for serving*

Directions

1. In a skillet, or in crockpot if you have a saute setting, , cook the ground beef with chopped onion and minced garlic until the meat is browned and the onions are soft. Drain any excess fat.
2. Transfer the beef mixture to your slow cooker. Add the cream of mushroom soup, milk, kidney beans, diced tomatoes with green chilies, potatoes, corn, paprika, chili powder, salt, and pepper. Stir gently until well coated.
3. Cover and cook on low for 6–7 hours or on high for 3–4 hours, depending on your time.
4. In the last 20 minutes of cooking, sprinkle the shredded cheese on top and let it melt before serving
5. Top with green onions if desired. Enjoy!

MADE WITH LOVE

by Teresa Forchard