



Potato Tot Casserole

Servings 9 | Prep time 20 mins. | Total time 1 hour 10 mins.

Equipment:

9x13-inch baking dish
Large frying pan

Utensils:

Mixing spoon
Measuring cups and spoons

Ingredients

Non-stick spray
1 tablespoon butter
1 tablespoon olive oil OR vegetable oil
6 cloves garlic, minced OR 2 tablespoons garlic powder
1 yellow onion, diced
1 8 ounce package mushrooms, sliced
1 12 ounce package frozen vegetable mix
1 teaspoon salt
1/2 teaspoon black pepper
2/3 cup low-fat milk
2 tablespoons all-purpose flour
1 cup reduced fat cheese, shredded
16 ounces frozen potato tots

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat the oven to 400 degrees. Spray a 9x13 baking dish with non-stick spray and set aside.
3. Heat the butter and oil in a large frying pan over medium heat. Add the garlic and onion. Cook for 3-4 minutes, or until onions become see through.
4. Add sliced mushrooms and cook, stirring occasionally, for about 5-7 minutes, or until mushrooms have cooked down.
5. Add frozen mixed vegetables and cook for another 7-9 minutes, or until melted water from frozen vegetables has mostly evaporated. Season with salt and pepper.
6. Pour milk into the frying pan and add flour. Stir constantly until the mixture starts to thicken.
7. Remove from heat and transfer to the baking dish. Top with shredded cheese. Arrange frozen potato tots in an even layer on top of cheese and vegetables.
8. Place baking dish in oven and cook until the cheese starts to bubble and potato tots are slightly browned, about 50-60 minutes

Nutritional Information:

Calories 220
Total Fat 9g
Sodium 610mg
Total Carbs 24g
Protein 12g