

Sensational Six-Layer Dinner

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

- 2 potatoes (medium, sliced)
- 2 cups carrot (sliced)
- 1/4 teaspoon black pepper
- 1/2 cup onion (sliced)
- 1 pound ground beef (browned and drained)
- 1 1/2 cup green beans
- 1 can tomato-soup

Instructions:

1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover.
3. Bake at 350 degree for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes.

Cost:

Per Serving: \$1.00

Nutrition Facts			
Serving Size 1/6 of recipe (304g)			
Servings Per Container			
Amount Per Serving			
Calories 230		Calories from Fat 60	
% Daily Value*			
Total Fat 6g		9%	
Saturated Fat 2.5g		13%	
Trans Fat 0g			
Cholesterol 65mg		22%	
Sodium 580mg		24%	
Total Carbohydrate 17g		6%	
Dietary Fiber 4g		16%	
Sugars 9g			
Protein 25g			
Vitamin A 150%		Vitamin C 35%	
Calcium 4%		Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			