

Crumbled Tater Tot Casserole

Recipe makes 6 meals

Ingredients

1 lb 93/7 Lean Ground Beef
32 oz Frozen Tater Tots
15 oz jar Salsa con Queso
1 C Shredded Mozzarella
1 medium Green Bell Pepper, diced
1 small White Onion, diced
1 Tbsp Garlic Powder
1/2 Tbsp Onion Powder
1/2 tsp Chili Powder
1/4 tsp Cumin
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 499

Fat - 32g

Carbohydrates - 35g

Protein - 26g

Estimated Cost
Per Meal

\$2.46

  @zachcoen

www.mindbodyandnutrition.com

Instructions

1. Start by placing your frozen tater tots in a large mixing bowl and pop them in the microwave for about 10 minutes, or until tater tots are thawed and crumble easily.
2. While your tater tots are in the microwave, heat a large skillet over medium-high heat and add in your ground beef. Break it up a little and immediately add in your diced bell pepper and diced onion. Let this continue to brown, breaking it up as it cooks.
3. When your tater tots are done, add in 1 Tbsp garlic powder, 1/2 Tbsp onion powder, 1/2 tsp chili powder, 1/4 tsp cumin, and salt and pepper to preference. Mix and crumble using a fork or spoon. They should fall apart easily. Set aside.
4. Once your ground beef is cooked all the way through, reduce the heat to a simmer and add in your jar of salsa con queso. Mix well, and let this simmer for 1-2 minutes. Taste and add salt and pepper to preference.
5. In a 9x13 casserole dish, add in half of your crumbled tater tots and spread them out evenly.
6. Pour your beef and queso mixture on top and spread that out even as well.
7. Spread the other half of your crumbled tater tots over the beef and queso, and top with 1 cup of shredded mozzarella cheese.
8. Bake in the oven on 400°F for 15-20 minutes or until cheese is melted and potatoes on top are slightly crispy.
9. Cut into 6 pieces, portion out into your meal containers, and enjoy!



Notes

- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.