



## FEATURED RECIPE:

# Sensational Six-Layer Dinner

### *Ingredients*

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

### *Directions*

Lightly oil or spray baking dish with cooking spray. Layer ingredients in the order given. Cover. Bake at 350°F for 45 minutes or until tender and thoroughly heated. Uncover and bake 15 more minutes. For variation, use peas or corn instead of green beans. Use your favorite cream soup instead of tomato soup.

**Makes 6 servings:** 260 calories, 6 g total fat, 25 g protein, 26 g carbs, 3 g fiber, 480 mg sodium\*

\*To reduce sodium content, use reduced-sodium canned soups.

*From the US Department of Agriculture's What's Cooking Mixing Bowl.*