



# Cauli-Tot Hotdish

14 oz. package frozen cauliflower veggie tots	<u>Homemade cream of mushroom soup</u>
1 lb. 90% lean ground beef	2 cups evaporated milk
1 cup low fat cheddar cheese	4 Tablespoons cornstarch
1 onion, diced	1 Tablespoons canola oil
1 tsp. canola oil	2 tsp. onion powder
1 can no salt added corn, drained	¼ tsp. salt
1 can no salt added green beans, drained	½ tsp. white pepper
1 tsp. garlic powder	1 ½ cup sliced mushroom
1 tsp. ground pepper	

## Directions

1. Preheat oven to 375°F. Wash hands with soap and water. Spray a 9X13 pan with nonstick cooking spray. Set aside
2. In a food processor combine milk, cornstarch, onion powder, salt, pepper and mushrooms. Process until smooth. Pour into a microwave safe bowl, whisk well, and microwave 3 minutes or until thick. Set aside.
3. Sauté onions with a teaspoon of canola oil over medium high heat until translucent. Add ground beef. Do not wash meat. Cook until ground beef reaches an internal temperature of 160°F on a food thermometer. Combine green beans, corn, garlic powder, pepper, and onion and beef mixture in a large bowl. Add mushroom mixture.
4. Pour mixture into a 9X13 pan. Top with cheese and frozen cauliflower tots. Bake for 40 minutes. **Yield:** 8 Servings

**Nutrition Facts** (per serving): 303 calories, 15 grams fat, 299 milligrams sodium, 33 grams carbohydrate, 3 grams fiber, 23 grams protein

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