

Recipe of the Month – March 2019

Four Layer Supper

Serves 6

Serving Size: 1 ½ Cups

Cost per Serving: \$1.33

Ingredients:

- 1 pound lean ground beef
- 1 medium onion, diced (about 1 cup)
- 4 cups potatoes (sweet or white), cubed
- 1 can (14.5 ounces) green beans (drained and rinsed)
- ¾ cup cheese (cubed or shredded)
- ¼ cup nonfat milk



Directions:

1. Preheat oven to 400°F. Spray a baking dish with nonstick cooking spray.
2. Cook ground beef and onion in a skillet over medium high heat until cooked through.
3. Place potatoes in the baking dish. Put the green beans on top of the potatoes.
4. Spread the ground beef and onions on top of the potatoes and green beans.
5. Spread the cheese over the ground beef mixture. Pour the milk over the top.
6. Cover with foil and bake for 1 hour or until potatoes are tender.

Nutrition Facts per Serving: 280 Calories, 10g total Fat (5g sat. fat), 65mg. Cholesterol, 360mg Sodium, 23g Carbohydrates, 4g Fiber, 5g Sugar, 22g Protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2019 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension
1000 Locust Street, PO Box 670
Owensville, OH 45160
Phone: 513-732-7070