

Tater Tot Casserole

Prep Time: 15 minutes; Cook Time: 40 minutes

Yield: 8 servings

Ingredients:

- 2 lbs. ground beef
- kosher salt and freshly-ground black pepper, to taste
- 1 10 oz. can low-sodium cream of mushroom soup
- 1 cup sour cream (low fat is okay)
- 2 cups shredded cheddar cheese, divided
- 1 32 oz. package frozen tater tots

Preparation:

1. Preheat oven to 350 degrees F. Spray a 9 x 13 pan with cooking spray.
2. Brown ground beef. Season with salt and pepper, while browning. Drain.
3. Spread ground beef in the prepared baking dish. Whisk together soup and sour cream. Spread over ground beef in an even layer.
4. Sprinkle one cup of cheddar cheese over the soup layer.
5. Top with tater tots.
6. Bake 30 minutes. Sprinkle remaining cheese on top. Bake another 5-10 minutes until cheese is melted.