

Five Layer Dinner



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What You Need

*A great one-pot comfort meal
for a cold winter's night!*

Makes 5 Servings

- 2 cups lean ground beef
- 2 cups sliced potatoes
- 2 cups chopped celery or carrots
- 1 cup sliced onion
- 2 cups stewed tomatoes, crushed
- 1/2 tsp sugar
- 1/4 tsp pepper and salt

Per Serving

Calories 353
Carbohydrates 32 g
Protein 24 g
Fat 14 g
Dietary Fiber 4 g

How You Prepare

Brown meat in a saucepan until cooked. Drain it in strainer and rinse with hot/boiling water. In a casserole dish or crock pot, layer potatoes, celery, carrots, onion, beef and tomatoes. Sprinkle with sugar, salt and pepper. Bake at 300 degrees F for 2 hours or until done in your crock pot. This meal tastes best when cooked slow over a long time.