



## **BEEF GARDEN CASSEROLE PREPERATION**

### Ingredients

- (2) medium onions (chopped)
- (2) lbs. ground beef
- (2) cans tomato soup
- (2) 1lb cans green beans (drained)
- (2) 1 lb. can while kernel corn (drained)
- (1) 1 can whole white potatoes (drained and sliced)
- (1) tsp. salt
- (½) tsp. pepper

### Directions

1. Cook onions in small amount of hot shortening until tender
2. Add meat, salt and pepper.
3. Brown meat lightly and drain excess grease
4. Stir in vegetables & soup and heat until boiling
5. After you pray the with cooking spray, pour into casserole pan (if it seems to dry, stir in a *small* amount of liquid form one of the vegetable cans)
6. Cover in aluminum foil and freeze