

Tater tot casserole

Serves 8

1 lb. 95% lean ground beef

Pepper

Oregano

Basil

Seasoned salt

2 cans reduced-fat cream of chicken soup

1 green pepper, diced

1 red pepper, diced

1 yellow pepper, diced

Cooking spray

1-3/4 cups reduced-fat shredded cheddar cheese

Frozen tater tots

Preheat oven to 350°. Brown the ground beef and season to taste with pepper, oregano, basil and seasoned salt. Mix in cream of chicken soup and peppers.

Coat a 9x13 pan with cooking spray. Spread mixture in pan and cover with cheddar cheese. Top with tater tots.

Bake, uncovered, at 350° for about 45 minutes.