

Rancher's Pie
Recipe by Carole Carter
FromMyCarolinaHome.com



Ingredients:

1/4 cup chopped onion
1 tsp olive oil
1-1/2 lbs lean ground beef
1 tsp garlic powder
1 tsp black pepper
1 15-ounce can cream of mushroom soup
1/2 cup low fat milk
1 10-ounce bag frozen mixed vegetables
1 16-ounce bag frozen tater tots

Directions:

Preheat oven to 425°.

In a large, cast iron skillet, saute onions in olive oil over medium high heat until translucent. Add ground beef. Cook, crumbling the meat, until no longer pink. While the meat cooks, defrost vegetables in microwave - about 3 minutes on very low defrost setting.

Drain grease from beef, return to the skillet, then add mushroom soup and milk. Mix well. Add thawed vegetables and mix well. Top with frozen tater tots.

Bake 25-30 minutes, until bubbly and tots are nicely browned and crispy. Allow to cool for 5 minutes before serving.

Serves 4-6

Note - If you do not have a cast iron skillet, cook the beef in a non-stick skillet on the stove and pour beef/vegetable mixture into an 8x8 deep baking dish sprayed with cooking spray for baking. Top with tater tots and bake as directed.