



# LEVELED-UP TATER TOT CASSEROLE

YIELD:

**8**

SERVING

PREP TIME:

**15**

MINUTES

COOK TIME:

**30**

MINUTES

## DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Place the ground beef, black pepper, garlic and onion powders in a large skillet and cook over medium heat until meat is cooked through.
3. Whisk the cornstarch into the coconut milk and pour into the meat and cook for 1-2 minutes until thickened. Stir occasionally to prevent sticking.
4. Mix the frozen vegetables and creole seasoning into the meat mixture.
5. Turn off the heat and scoop the mixture into a 9x13 inch pan.
6. Sprinkle the package of shredded cheese on top of the mixture and then top with the tater tots.
7. Place pan in the oven and bake for 25-30 minutes.
8. Allow the casserole to cool for about 10 minutes before serving.

## INGREDIENTS

- 2lb frozen tater tots
- 1 lb lean ground beef, turkey, or chicken
- 2 c canned coconut milk
- 3 tbsp cornstarch
- 2 tsp creole all purpose seasoning
- 12 oz frozen mixed vegetables (carrots, green beans, peas, corn)
- 8oz bag of cheddar cheese

## NOTES



**Watch the how-to  
on our YouTube,  
@sanfordfitkids!**



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## BITE BREAKDOWN

Craving that classic, warm tater tot casserole? We totally get it! But let's be real, the usual recipe can be loaded with ingredients that aren't exactly helping you crush it. Good news: with a few simple swaps, you can make a healthier tater tot casserole that's just as delicious!

- **Go Lean:** Instead of regular ground beef, opt for lean ground beef, turkey or chicken.
- **Lighten Up the Sauce:** Ditch those super creamy, salty canned soups. Try canned coconut milk.

By choosing healthier fats and cutting back on processed, high-sodium foods, you're not just benefiting your future self - you're also boosting your energy, focus, and overall well-being right now, helping you feel your best as you take on whatever life throws your way.

## NUTRITION FACTS\*

Serving size: 1/8 of recipe

- Calories: 548kcal
- Carbohydrates: 35g
- Fat: 34g
- Protein: 25g
- Sugar: 2g
- Fiber: 3.6g



\*These are approximate values, and actual results may vary based on the specific products and portion sizes you use!

## RECIPE RATING

