



K-STATE
Research and Extension

Fun, Nutritious Family Favorite

All-American Cheeseburger Bake

10 servings, 1 biscuit
each

Ingredients:

- 1 pound lean ground beef
- ½ cup chopped onion
- 1 can (10.75 ounces) tomato soup, undiluted
- 2 tablespoons ketchup
- 1 tablespoon mustard
- 2 tablespoons pickle relish
- ¼ teaspoon ground pepper
- 4 slices low-fat American cheese
- 1 can refrigerated biscuits (7.5 ounces – 10 biscuits. Use one with no trans fats.)



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees F.
2. In large skillet, brown ground beef and onion on medium-high heat; drain well.
3. Add tomato soup, ketchup, mustard, relish, and pepper. Let mixture simmer on low heat for about 10 minutes.
4. Lightly coat 9-inch baking dish with non-stick cooking spray.
5. Spread meat mixture evenly in baking dish.
6. Place slices of American cheese on top of the meat.
7. Place biscuits on top of the cheese (you may need to gently stretch biscuits to cover beef and cheese layers).
8. Bake casserole for about 11 to 12 minutes. If biscuits brown too quickly, cover with foil midway through baking.

Nutrition Facts:

One biscuit each serving size, 170 calories, 60 calories from fat, 7 g total fat, 2.5 g saturated fat, 1.5 g trans fat, 580 g sodium, 15 g carbohydrates, 1 g fiber, 7 g sugar, 12 g protein, 10% calcium, 8% iron

Recipe from *Kids-a-Cookin'*

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Newsletter developed by Tandalayo Kidd, PhD, RD, LPN, Associate Professor/Extension Specialist in Human Nutrition; Susie Bilderback, Extension Program Assistant; and Katie Hamm, former senior in Dietetics • Resources: Adapted from *CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum, University of California and Flaghouse, Inc., 2002*. • <http://www.choosemyplate.gov/> • <http://www.kidsacookin.ksu.edu/>

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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