



## WHAT'S FOR DINNER LBFPD?

This hearty and nutritious One Pot Cowboy Casserole recipe is so easy to make y'all just need to holler: "Getty-up for chow time". Made with fresh and packaged nutritious ingredients from this week's Long Beach Food Pantry Delivery, this tasty recipe will put the "Yee-haw!" back into any meal.



### ONE-POT COWBOY CASSEROLE

#### Nutritional Facts:

Beef and beans are a good source of lean protein, iron, zinc, selenium, riboflavin, niacin, vitamin B6, vitamin B12, phosphorus, pantothenate, magnesium, and potassium. Potato, corn, tomatoes, bell peppers, and cheese together are rich in fiber, iron; protein; calcium; potassium; magnesium; antioxidants; folate; copper; and vitamins A, C, K1, and B vitamins. All this nutritional value helps to support bone, eye, growth, heart and gut health; stabilize blood sugar levels; maintain healthy cholesterol levels; improve weight and immune function.

#### Ingredients (Serves 4)

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| 1 pound ground beef                            | 3 garlic cloves chopped                   |
| 3-4 medium potatoes, peeled and thickly sliced | ½ cup beef stock                          |
| 1 (15 oz) can kidney beans (drained)           | ½ cup shredded cheese                     |
| 2 (15 oz) canned diced tomatoes                | ½ teaspoon Italian seasoning              |
| 1 green bell pepper, seeded and diced          | ½ teaspoon paprika                        |
| 1 cup frozen corn                              | ¼ teaspoon chili powder                   |
| 1 onion, diced                                 | ½ teaspoon salt and black pepper to taste |
| 2 tablespoons olive oil                        |   |

#### Instructions

1. Heat olive oil in a skillet over medium heat, add the ground beef, and cook until it's browned.
2. Add onion and garlic to the skillet, and sauté until the onion is soft and translucent.
3. Transfer the beef and onions to the slow cooker, along with all seasoning, potatoes, canned diced tomatoes, bell pepper and beef stock. Stir to combine.
4. Cover the crockpot with a lid, and cook on high for 3-4 hours, or on LOW for 6-8 hours. Make sure that the potatoes are soft enough to easily pierce with a fork before you continue.
5. Add drained canned kidney beans to the slow cooker and stir to combine. Top with shredded cheese. Cover with a lid, and cook on low for 10-15 minutes, or until the cheese has melted.

#### *Serve & Enjoy!*

This program is funded in part by SCAN Health Plan

Recipe adapted from [www.hintofhealthy.com](http://www.hintofhealthy.com)



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