



Not-Your-Mom's Tater Tot Casserole



1/6th of casserole (about 1 cup): 273 calories, 7.5g total fat (1.5g sat. fat), 880mg sodium, 35.5g carbs, 8g fiber, 5.5g sugars, 15.5g protein

Prep: 10 minutes **Cook:** 50 minutes



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Ingredients

3 cups frozen chopped spinach
2 cups frozen petite mixed vegetables
2 cups frozen ground-beef-style soy crumbles
1 cup frozen shelled edamame
2 cups sliced mushrooms
1 cup chopped onion
1 tsp. chopped garlic
One 10.75-oz. can 98% fat-free cream of mushroom condensed soup
36 frozen Ore-Ida Tater Tots (about 3 cups)
Optional seasonings: salt and black pepper

Directions

Preheat oven to 375 degrees. Spray an 8-inch by 8-inch baking pan with nonstick spray.

Place frozen spinach, mixed veggies, soy crumbles, and edamame in a large microwave-safe bowl. Cover and microwave for 5 minutes. Stir well. Re-cover and microwave for 3 minutes, or until thawed.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir mushrooms and onion until softened, about 6 minutes.

Drain any excess water from the large bowl. Stir in mushroom-onion mixture and garlic. Add condensed soup and stir to coat.

Evenly spoon mixture into the baking pan, and smooth out the surface. Place Tater Tots on top in a single layer.

Bake until inside is hot and Tater Tots are crispy, about 35 minutes.

MAKES 6 SERVINGS

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