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Redneck Casserole ♦♦

Redneck Casserole is a hearty and flavorful dish that originated in the southern United States. It is typically made with ground beef, potatoes, cheese, and various vegetables. The casserole is baked until the cheese is melted and bubbly, creating a delicious and comforting meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Ground Beef
500 g	potatoes
200 g	Cheddar Cheese
100 g	onion
100 g	Green Bell Pepper

200 g	canned corn
200 g	canned diced tomatoes
10 g	Salt
5 g	Black pepper
5 g	Paprika

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a large skillet, brown the ground beef over medium heat. Drain any excess fat.

Prep Time: 10 mins

Cook Time: 10 mins

Step 3

Boiling

In a separate pot, boil the potatoes until they are fork-tender. Drain and set aside.

Prep Time: 5 mins

Cook Time: 15 mins

Step 4

Stove

In the same skillet used for the ground beef, sauté the onion and green bell pepper until they are softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Stove

Add the canned corn and diced tomatoes to the skillet. Stir to combine.

Prep Time: 2 mins

Cook Time: 5 mins

Step 6

Stove

Season the mixture with salt, black pepper, and paprika. Stir well.

Prep Time: 2 mins

Cook Time: 2 mins

Step 7

In a greased casserole dish, layer the cooked ground beef, potatoes, and vegetable mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Sprinkle the cheddar cheese on top of the casserole.

Prep Time: 2 mins

Cook Time: 5 mins

Step 9

Oven

Bake the casserole in the preheated oven for 20 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 20 mins

Step 10

Resting

Remove from the oven and let the casserole rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 350 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Course

Side Dishes

Salads

Snacks

Cultural

Chinese New Year

Oktoberfest

Cost

\$10 to \$20

\$20 to \$30

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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