Dinner

Cheesy Hash Brown Onion Casserole

Frozen hash browns bake under a creamy sauce of onion, sour cream, and cheddar cheese until warm and bubbling. It is a comforting dish sized for a crowd.

70 min	100	15 g	1 g
time	calories	carbs	sugars



Nut free

Ingredients, 12 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 2 lbs frozen hash browns
- [ ] 1 tsp margarine
- [ ] 1/2 cup onion(s) (chopped)
- [ ] 1/2 tsp black pepper
- [ ] 1 (10.5-oz) can cream of chicken condensed soup (low-fat)
- [ ] 1 cup sour cream (fat-free)
- [ ] 1 1/4 cup cheddar cheese (reduced fat, shredded)
- [ ] 1 cup skim milk

Method

- [ ] **1** Heat the oven to 375 degrees F.
- [ ] **2** Coat a 13 x 9-inch pan with the nonstick cooking spray, then spread the frozen hash browns evenly over the bottom.
- [ ] **3** Melt the margarine in a large nonstick skillet over medium-high heat, add the chopped onion, and saute until it turns translucent.
- [ ] **4** Stir in the black pepper, cream of chicken condensed soup, sour cream, cheddar cheese, and skim milk, mixing well, and cook for about 5 minutes with occasional stirring.
- [ ] **5** Pour the sauce over the hash browns in the pan and bake for 50-60 minutes.

Nutrition Facts

Per serving

Calories	**100**
Total fat	2.5 g
Saturated fat	1.5 g
Sodium	220 mg
Total carbs	15 g
Fiber	0 g
Total sugars	1 g
Protein	5 g

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