

Cowboy Casserole

Ingredients:

- 1) 2 or 3 fresh potatoes
- 2) 1 can cream of mushroom soup
- 3) 1 can each of "no salt added" or "low sodium"
 - Diced or crushed tomatoes with juice
 - Whole kernel corn with liquid
 - Red kidney beans, rinsed and drained
- 4) 1 lb ground beef
- 5) 1 onion, diced, up to about 1 cup
- 6) Herbs & Peppers (adding great flavor with no salt)
 - Ground black pepper
 - Paprika
 - Garlic powder (or 2 cloves of fresh crushed garlic)
 - Thyme, Rosemary & Parsley blend
- 7) 1 cup shredded cheddar cheese

Directions:

- 1) Brown ground beef in a skillet on the stove top
- 2) Crush the garlic if using fresh cloves
- 3) Scrub and cut potatoes into bite size pieces
- 4) Place all ingredients except cheese in a 4-quart crockpot; stir well
- 5) Cover & set slow cooker to cook on:
 - High for 4 hours, or
 - Low for 7-8 hours
- 6) Remove lid, sprinkle cheese on top; cover to melt cheese about 5 minutes