

## 7 Layer Casserole

**You'll need:** Stove, oven, casserole dish, frying pan, measuring cups and spoons

**Preparation Time:** 20 minutes

**Cook Time:** 30 minutes

Ingredients	Amount for 6 servings
Ground Meat (Caribou, beef, muskox)	1 lb
Sliced Celery	1 cup
Fresh Mushrooms, sliced	1 cup
Green Peppers, chopped	1 whole
Medium Onion, chopped	½ whole
Medium potatoes, sliced	2 whole
Grated Cheddar cheese	¾ cup
Tomato Juice, low sodium if available	1 ½ cup
Salt	½ tsp
Pepper	½ tsp
Cornstarch	2 tbsp

### Method:

**Step 1:** Preheat oven to 350C. **Step 2:** Fry meat then drain. **Step 3:** Transfer meat to casserole dish and arrange vegetables and meat in layers. **Step 4:** Blend cornstarch and tomato juice and pour over layers. **Step 5:** Cover and bake for ½ hour. Top with cheese and bake for another ½ hour.

### Nutrients per Serving

**Calories:** 345 kcals

**Fat:** 19.0g

**Sodium:** 375mg

**Fiber:** 3.0g

**Protein:** 21.0g