



# Ashley's Meal Prep Monday!



## Tater Tot Casserole - with Bison and Sweet Potatoes

### INGREDIENTS

1 pound ground beef (I used bison)

\*I seasoned the bison with paprika, onion powder, garlic powder and salt/pepper

1/2 yellow onion diced

1 TBSP flour

1/2 cup broth

1/2 cup dairy free milk

1 cup mixed veggies

2 heaping cups frozen tater tots (I didn't check the freezer beforehand - I had to improvise and use sweet potatoes also)



Preheat oven to 350 and spray a 9x13 baking dish with oil. Warm about a TBSP of oil in a large skillet and cook ground meat until browned, breaking it apart as it cooks. Add the onion and cook until soft and translucent.

Stir in flour to coat everything, then add broth and bring to a simmer. Stir in dairy free milk and let simmer for about 5 minutes, or until thick - stirring occasionally. Add in your choice of mixed veggies - frozen or fresh. Give everything a final stir and transfer mixture to prepared baking dish.

Top with tater tots, and in my case, cooked sweet potatoes and bake for about 30 minutes - or until tots are a little crispy. Feel free to sprinkle cheese on top - serve warm and enjoy!

**CARTWRIGHT'S**  
**MARKET**