

# CROCK-POT WESTERN BEEF CASSEROLE

RECIPE FROM: Crock-Pot Ladies  
COOK TIME: 1-2 hours on HIGH or 4 hours on LOW  
SERVES: 4



## INGREDIENTS

- 1 ½ lb lean ground beef, browned
- 1 (16 oz) can kidney beans, rinsed and drained
- 1 (16 oz) can corn, drained
- 1 (10.75 oz) can tomato soup
- 1 cup shredded sharp cheddar cheese
- 1 small yellow onion, chopped
- ½ tsp chili powder
- ¼ cup milk or water



## DIRECTIONS

1. Combine ingredients and transfer to a sturdy, labeled, gallon-sized freezer bag.
2. Freeze flat for up to three months.
3. Empty beef casserole contents into a slow cooker and cook on LOW for about 4 hours or on HIGH for 1-2 hours.