



NUTRITION CONSULTING INC.

Speedy Six Layer Family Dinner

This is a simple and kid friendly meal that is great to prepare the night before and place in a crock-pot or the oven for a busy day ahead.

Makes 8 servings

What you need:

- 1 lb. lean ground beef
- 2 cups potatoes, thinly sliced (with the skin)
- 2 cups carrots, sliced
- 1 cup celery, sliced
- 1 medium onion, sliced
- 2 cans (28 fl oz. each) stewed tomatoes, without added salt
- Pepper and salt to taste



How you prepare:

Pan fry the ground beef until cooked. In a casserole dish or crock pot layer potatoes, carrots, celery, onion, beef and tomatoes. Sprinkle with pepper and salt to taste.

Bake at 300 degrees Farenheit for 2 hours or alternatively heat on low in your crock pot for 4 hours or more until done.

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

Nutrition Facts

Serving Size 1 serving (354.52g)

Amount Per Serving

Calories 250 Calories from Fat 80

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 160mg **7%**

Total Carbohydrate 25g **8%**

Dietary Fiber 5g **20%**

Sugars 14g

Protein 20g

Vitamin A 120% • Vitamin C 40%

Calcium 6% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

It's your **health.**



Take a **stand.**

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