



Not-Your-Mom's Tater Tot Casserole



1/6th of casserole (about 1 cup): 273 calories, 7.5g total fat (1.5g sat fat), 880mg sodium, 35.5g carbs, 8g fiber, 5.5g sugars, 15.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

Prep: 10 minutes **Cook:** 50 minutes



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

3 cups frozen chopped spinach
2 cups frozen petite mixed vegetables
2 cups frozen ground-beef-style soy crumbles
1 cup frozen shelled edamame
2 cups sliced mushrooms
1 cup chopped onion
1 tsp. chopped garlic
One 10.75-oz. can 98% fat-free cream of mushroom condensed soup
36 frozen Ore-Ida Tater Tots (about 3 cups)
Optional seasonings: salt and black pepper

Directions

Preheat oven to 375 degrees. Spray an 8-inch by 8-inch baking pan with nonstick spray.

Place frozen spinach, mixed veggies, soy crumbles, and edamame in a large microwave-safe bowl. Cover and microwave for 5 minutes. Stir well. Re-cover and microwave for 3 minutes, or until thawed.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir mushrooms and onion until softened, about 6 minutes.

Drain any excess water from the large bowl. Stir in mushroom-onion mixture and garlic. Add condensed soup and stir to coat.

Evenly spoon mixture into the baking pan, and smooth out the surface. Place Tater Tots on top in a single layer.

Bake until inside is hot and Tater Tots are crispy, about 35 minutes.

MAKES 6 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.