

Hash Brown Casserole

From the internet at cooks.com



This is not breakfast food, but a great side dish for dinner.

2 pounds hash browns, frozen

3/4 cup melted butter

1 teaspoon salt

1/4 teaspoon black pepper

1/2 cup onion, finely minced

1 cup cream of chicken soup, or cr. of mushroom

1 pint sour cream

2 tablespoons ranch-style dressing mix

2 cups sharp cheddar cheese, grated

2 cups corn flakes, or potatoes chips, crushed

Serving Ideas: The casserole stays hot a LOOOONG time, so it's good for serving outdoors. It will keep in the oven (lower temp) for awhile too if you're not quite ready to serve.

Servings: 8

I used less butter than called for. Don't substitute mild cheddar as it just disappears in the flavors. You need the prominence of sharp cheddar. Next time I make it I'm going to substitute low-fat sour cream. However, the calories are off the chart for this, so sometimes you just have to take very small servings. But it's hard because this dish is so darned good.

1. Defrost potatoes.
2. Preheat oven to 350. Saute the onion until cooked through, but not brown.
3. Using a large mixing bowl, combine the potatoes with half of the melted butter. Add the onions, soup, sour cream, cheese and powdered Ranch dressing. Mix thoroughly. Taste for seasonings, and add salt and pepper as needed (it doesn't need much).
4. Pour into a buttered 3-quart casserole. Mix the crushed corn flakes or potato chips with the remaining butter and sprinkle over the potatoes.
5. Bake for 45 minutes, or up to about 75 minutes, until potatoes are done.

Per Serving (excluding unknown items): 537 Calories; 40g Fat (66.6% calories from fat); 12g Protein; 33g Carbohydrate; 2g Dietary Fiber; 103mg Cholesterol; 1139mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 7 1/2 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>