

# Healthier Tator Tot Hot Dish

14 ingredients · 1 hour · 8 servings



## Directions

1. Preheat oven to 375° F
2. In a 12" cast iron skillet, brown beef over medium to medium-high heat, breaking up any large chunks. Once beef is browned, remove it to a plate with a slotted spoon. Turn heat to medium, add the oil, onion, mushrooms, and garlic. Stir to incorporate. Cook until the onions are transparent and the mushrooms are nicely softened, about 6 to 10 minutes.
3. Add arrowroot powder. Cook for a couple minutes, until the mixture is bubbling and slightly browned.
4. Add coconut aminos, hot sauce, salt, and pepper. Cook for 1 minute. Then slowly add the coconut milk while you whisk and scrape the bottom of the skillet. Add the reserved cooked beef. Stir to incorporate. Cook until thickened, about 8 to 10 minutes. Then stir in 1 tablespoon of parsley and 1 tablespoon of thyme. Next add the frozen vegetables and stir to incorporate. Level mixture out in the skillet. Then top with frozen tater tots.
5. Place skillet in the preheated oven and cook for 20 minutes. Move skillet up a bit higher in the oven and broil until tater tots are nicely browned - this can take up to 10 minutes, depending on your broiler. Remove skillet from oven and sprinkle with remaining 1 tablespoon of parsley and 1 tablespoon of thyme. Serve hot.

## Ingredients

- 1 lb Extra Lean Ground Beef (grass fed/finished)
- 1 tbsp Avocado Oil
- 1 Yellow Onion (chopped)
- 1 cup Mushrooms (chopped)
- 4 Garlic (cloves, minced)
- 3 tbsps Arrowroot Powder
- 1/4 cup Coconut Aminos
- 13 2/3 fl ozs Canned Coconut Milk
- 1 Sea Salt & Black Pepper (to taste)
- 1 tbsp Hot Sauce
- 2 tbsps Parsley (chopped, divided)
- 2 tbsps Thyme (chopped, divided)
- 2 cups Frozen Mixed Vegetables (carrots, green beans, peas)
- 2 lbs Frozen Tator Tots

## Nutrition

Amount per serving

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 444 | Cholesterol | 37mg  |
| Fat      | 27g | Sodium      | 809mg |
| Carbs    | 34g | Vitamin A   | 117IU |
| Fiber    | 3g  | Vitamin C   | 5mg   |
| Sugar    | 5g  | Calcium     | 21mg  |
| Protein  | 15g | Iron        | 2mg   |