



Lentil Tater Tot Casserole

🕒 1 hour, 20 minutes 🍴 6 servings

Directions

1. Dice onion and mince garlic. Heat a large saucepan over medium heat. Once pot is hot, add oil, then add onion and garlic to pot and begin to cook. Stir occasionally and cook 6-8 minutes until onion is translucent.
2. While onion and garlic cook, slice mushrooms and add to pot as they are prepared. Cook 5-8 minutes until starting to brown.
3. Once mushrooms have cooked down, add lentils, salt, and water to saucepan with the vegetables. Cover with lid and turn up heat to bring to a boil, then reduce heat, and simmer 25-30 minute until lentils are tender and water has been absorbed.
4. While lentils cook, slice olives and set aside. Measure all remaining ingredients (except tater tots) and set aside. Heat oven to 425 degrees. Prepare a deep 2- to 3-quart baking dish by spraying with cooking spray.
5. Once lentils are fully cooked, remove from heat and stir in olives, plain Greek yogurt, half of the shredded cheese, onion powder and garlic powder. Transfer mixture to prepared baking dish. Top with remaining cheese, then arrange tater tots evenly on top.
6. Bake 25-30 minutes until lentils are bubbly and tots are slightly browned.

Ingredients

- 1 White onion (diced)
- 4 clove Garlic (minced)
- 2 tbsp Extra virgin olive oil
- 8 oz Sliced white mushrooms
- 1 cup Dry brown lentils
- 1/2 tsp Salt
- 2 cup Water (or more if needed)
- 1 1/2 cup Black olives (sliced; 1 1/2 cups = 1 can with net weight of 6 ozs)
- 1 cup Plain greek yogurt (sub soy yogurt for dairy-free)
- 1 cup Shredded cheddar cheese (divided; use sharp for more flavor; sub plant-based cheddar shreds for dairy-free)
- 1 tsp Onion powder
- 1 tsp Garlic powder
- 9 oz Frozen tater tots (3 oz = 10 pieces; choose gluten-free for Celiac-friendly)

Nutrition per serving (estimated)

Calories	402 kcal	Fat	19 g
Carbohydrates	25 g	Protein	19 g
Fiber	13 g	Sugar	4 g
Cholesterol	21 mg	Sodium	864 mg
Vitamin A	337 IU	Vitamin C	7 mg
Calcium	225 mg	Iron	3 mg

Notes

Total Time: 75-80 min Prep Time: 50-60 min | Cook time: 25-30 min

Serving Size 1 1/2 cups

Pro Tip this recipe is great for anyone new to lentils - full of cheesy flavor. Make this dish in advance and freeze for an easy meal later. Instead of transferring this dish to a baking dish, cook the vegetables and lentils in a cast-iron skillet, then top with cheese and tater tots as instructed and bake in the skillet.

Cooking Equipment Cutting board | Chef's knife | Large saucepan with lid | 2.75 quart casserole dish

Leftovers Refrigerate in airtight container up to 5 days. To freeze, make casserole but do not bake. To cook, thaw in refrigerator 24 hours, then place in cold oven while it preheats to 425° F. Bake, covered, 45 min, then remove foil and bake 15-20 until tots start to brown and casserole is bubbly.

Dice onion trim top and base off onion, then peel tough outer layers (usually top 1–2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick, then turn a quarter-turn and dice.

Mince garlic smash garlic clove: place flat edge of chef's knife on top of clove and press firmly with palm of the hand; remove papery skin. Cut clove into very thin slices. Stack slices and cut into very thin matchsticks. Turn a quarter-turn and mince finely.

Slice mushrooms lay mushroom on its side and slice into 1/4-inch slices, including stems.

Slice olives lay olive on its side and cut crosswise into thin rounds.

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