

# Daddy Can't-Wait Casserole

## Ingredients:

- 1 lb ground hamburger, or ground turkey
- 1-10 or 12 oz bag of frozen mixed vegetables, steamed
- 1-2 cups chopped raw baby spinach (*optional*)
- 1 c. frozen okra, diced (*optional*)
- 1 can tomato soup
- 1 pack onion soup mix (*optional*)
- 1-2 c. shredded cheese, I usually use cheddar
- salt and pepper to taste (*we like to use [mineral salt](#) or [Lawry's garlic salt](#)*)
- sprinkle of [Turmeric](#), optional

## Directions:

Preheat oven to 350.

Brown meat. add mixed veggies, tomato soup, and onion soup mix.

Mix well and pour it into a casserole dish.

Top with shredded cheese.

Bake 20 - 30 minutes.