

Beef Casserole with Corn Muffin Top

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 5

1 1/2 pounds lean ground beef
2 tablespoons butter or margarine
1 tablespoon onion, chopped
1 can (10-1/2 ounce) condensed
consomme'
1 teaspoon parsley, chopped
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons Worcestershire sauce
1 package corn muffin mix

Preheat the oven to 350 degrees.

In a heavy skillet, saute' the beef and onion in the hot fat. Stir in the consomme', parsley, salt, pepper and Worcestershire sauce. Spread the mixture in a casserole of a size sufficient to leave at least one inch of space at the top.

Prepare the corn muffin mix according to package directions. Spoon the mixture carefully on the top of the casserole, smoothing with a knife.

Bake for 25 minutes.

(Serve with fluffy mashed potatoes and buttered broccoli.)

Per Serving (excluding unknown items): 500 Calories; 36g Fat (65.1% calories from fat); 26g Protein; 17g Carbohydrate; 2g Dietary Fiber; 115mg Cholesterol; 877mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 5 Fat; 1 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	500	Vitamin B6 (mg):	.4mg
% Calories from Fat:	65.1%	Vitamin B12 (mcg):	3.2mcg
% Calories from Carbohydrates:	13.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	21.1%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	36g	Folacin (mcg):	14mcg
Saturated Fat (g):	15g	Niacin (mg):	7mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	115mg
Carbohydrate (g):	17g
Dietary Fiber (g):	2g
Protein (g):	26g
Sodium (mg):	877mg
Potassium (mg):	436mg
Calcium (mg):	35mg
Iron (mg):	3mg
Zinc (mg):	5mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	219IU
Vitamin A (r.e.):	49RE

Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 500	Calories from Fat: 326
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% Daily Values*

Total Fat 36g	55%
Saturated Fat 15g	74%
Cholesterol 115mg	38%
Sodium 877mg	37%
Total Carbohydrates 17g	6%
Dietary Fiber 2g	6%
Protein 26g	
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Vitamin A	4%
Vitamin C	19%
Calcium	4%
Iron	19%

* Percent Daily Values are based on a 2000 calorie diet.