

Beef and Macaroni

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

1 pound lean ground beef
1 package (8 ounce) macaroni,
cooked
2 tablespoons butter or margarine
2 tablespoons green pepper, chopped
1 cup sour cream
3 tablespoons onion soup mix
1 cup milk
1/4 cup buttered bread crumbs

Preheat the oven to 350 degrees.

In a heavy skillet, melt the butter. Saute' the beef and green pepper, stirring until the green pepper is soft and there is no more red in the meat.

In a saucepan, mix the sour cream and onion soup mix. Heat just to boiling point. Whip with a beater. Stir in the milk gradually.

Cook the macaroni according to package directions.

Combine the sour cream mixture with the meat and macaroni. Pour into a one and 1-1/2 quart casserole. Top with the buttered crumbs.

Bake, covered, about 20 to 25 minutes.

Just before serving, remove the cover and brown under the broiler.

Per Serving (excluding unknown items): 428 Calories; 30g Fat (62.6% calories from fat); 19g Protein; 21g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 795mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 4 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	428	Vitamin B6 (mg):	.2mg
% Calories from Fat:	62.6%	Vitamin B12 (mcg):	2.0mcg

% Calories from Carbohydrates:	19.5%
% Calories from Protein:	17.9%
Total Fat (g):	30g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	90mg
Carbohydrate (g):	21g
Dietary Fiber (g):	1g
Protein (g):	19g
Sodium (mg):	795mg
Potassium (mg):	399mg
Calcium (mg):	114mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	4mg
Vitamin A (i.u.):	520IU
Vitamin A (r.e.):	144RE

Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	17mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	4 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 428	Calories from Fat: 268
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% Daily Values*

Total Fat 30g	46%
Saturated Fat 15g	73%
Cholesterol 90mg	30%
Sodium 795mg	33%
Total Carbohydrates 21g	7%
Dietary Fiber 1g	5%
Protein 19g	
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Vitamin A	10%
Vitamin C	6%
Calcium	11%
Iron	12%

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