

# Beef and Noodles al Grande (Slow Cooker)

Barbara Jones  
Easy Slow Cooker Cookbook

## Servings: 6

1 1/2 pounds lean ground beef  
1 package (16 ounce) frozen onions and bell peppers, thawed  
1 box (16 ounce) Velveeta cheese, cubed  
2 cans (15 ounce ea) Mexican stewed tomatoes with liquid  
2 cans (15 ounce ea) whole kernel corn, frozen, drained  
1 package (8 ounce) medium egg noodles  
1 cup Cheddar cheese, shredded  
1 teaspoon salt  
chopped fresh parsley (for garnish)  
chopped fresh green onions (for garnish)

## Slow Cooker: 5 hours 30 minutes

Spray a five to six quart slow cooker with nonstick cooking spray.

In a skillet, brown the ground beef. Drain the fat.

Place the beef in the slow cooker. Add the onions and peppers, Velveeta cheese, tomatoes, corn and salt. Mix well.

Cover and cook on LOW for four to five hours.

Cook the noodles according to package directions. Drain. Fold into the beef mixture in the slow cooker.

Cook an additional 30 minutes to heat thoroughly.

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Per Serving (excluding unknown items): 424 Calories; 30g Fat (64.1% calories from fat); 26g Protein; 12g Carbohydrate; 1g Dietary Fiber; 105mg Cholesterol; 553mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 4 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	424	Vitamin B6 (mg):	.4mg
% Calories from Fat:	64.1%	Vitamin B12 (mcg):	2.8mcg
% Calories from Carbohydrates:	11.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.0%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	30g	Folacin (mcg):	32mcg
Saturated Fat (g):	13g	Niacin (mg):	6mg

Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	105mg
Carbohydrate (g):	12g
Dietary Fiber (g):	1g
Protein (g):	26g
Sodium (mg):	553mg
Potassium (mg):	430mg
Calcium (mg):	150mg
Iron (mg):	2mg
Zinc (mg):	5mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	200IU
Vitamin A (r.e.):	60RE

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

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### Food Exchanges

Grain (Starch):	1/2
Lean Meat:	3 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

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## Nutrition Facts

Servings per Recipe: 6

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### Amount Per Serving

<b>Calories</b> 424	Calories from Fat: 272
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### % Daily Values\*

<b>Total Fat</b> 30g	46%
Saturated Fat 13g	67%
<b>Cholesterol</b> 105mg	35%
<b>Sodium</b> 553mg	23%
<b>Total Carbohydrates</b> 12g	4%
Dietary Fiber 1g	5%
<b>Protein</b> 26g	
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<b>Vitamin A</b>	4%
<b>Vitamin C</b>	6%
<b>Calcium</b>	15%
<b>Iron</b>	13%

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