

Beef and Noodles

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 8

1 pound lean ground beef
1/4 pound medium noodles, cooked
1 tablespoon butter or margarine
1 tablespoon salad oil
2 medium onions, chopped
1 teaspoon salt
1/4 teaspoon pepper
3/4 teaspoon fresh thyme, chopped
1 can cream of mushroom soup
2 eggs, beaten
1/4 cup milk
3/4 cup Cheddar cheese, grated

Preheat the oven to 350 degrees.

In a heavy skillet, heat the butter and oil together. Sauté the onions lightly. Move them to a bowl. Brown the meat in the remaining fat in the skillet. Break up the meat into rather loose chunks as it cooks. Add the salt, pepper and thyme. When the meat loses its color but is not browned, stir the onions back into the skillet.

In a good-sized casserole, make layers of 1/3 of the noodles, 1/2 of the meat and 1/2 of the soup. Repeat the layers with the last 1/3 of the noodles as the top layer.

In a bowl, mix the beaten eggs with the milk. Pour over the casserole. Top with the cheese.

Bake for 35 to 40 minutes or until golden brown and bubbly.

Per Serving (excluding unknown items): 270 Calories; 21g Fat (71.0% calories from fat); 15g Protein; 4g Carbohydrate; 1g Dietary Fiber; 112mg Cholesterol; 537mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat.

Beef

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal): | 270 | Vitamin B6 (mg): | .2mg |
| % Calories from Fat: | 71.0% | Vitamin B12 (mcg): | 1.6mcg |
| % Calories from Carbohydrates: | 6.3% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 22.7% | Riboflavin B2 (mg): | .2mg |

Total Fat (g): 21g
Saturated Fat (g): 9g
Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 112mg
Carbohydrate (g): 4g
Dietary Fiber (g): 1g
Protein (g): 15g
Sodium (mg): 537mg
Potassium (mg): 244mg
Calcium (mg): 111mg
Iron (mg): 1mg
Zinc (mg): 3mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 241IU
Vitamin A (r.e.): 68RE

Folacin (mcg): 19mcg
Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 270 **Calories from Fat:** 192

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 21g | 32% |
| Saturated Fat | 9g | 45% |
| Cholesterol | 112mg | 37% |
| Sodium | 537mg | 22% |
| Total Carbohydrates | 4g | 1% |
| Dietary Fiber | 1g | 2% |
| Protein | 15g | |
| <hr/> | | |
| Vitamin A | | 5% |
| Vitamin C | | 3% |
| Calcium | | 11% |
| Iron | | 8% |

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