

Cashew Nut Beef Casserole

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

Servings: 20

*1 pound noodles
3 large onions, chopped
1/2 pound margarine
2 pounds ground beef
2 cans (10 ounce) cream of mushroom
soup
1 large can evaporated milk
2 cans (3 ounce ea) chow mein
noodles
1 pound sharp Cheddar cheese, grated
1 can cashew nuts*

Preheat the oven to 350 degrees.

Cook the noodles according to package directions. Drain.

In a skillet, saute' the onions in the margarine. Remove from the skillet.

Add the beef to the skillet. Cook, stirring, until done.

In a saucepan, heat the soup and milk together.

In a bowl, add the hot soup mixture to the beef, onion and grated cheese.

Place a layer of noodles and a layer of the beef mixture in a large 13x10-inch baking dish.

Bake for 20 minutes.

Top with the nuts and chow mein noodles.

Place under the broiler for a few minutes, watching closely.

Per Serving (excluding unknown items): 460 Calories; 33g Fat (64.4% calories from fat); 18g Protein; 23g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 420mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat.

Beef

| | |
|--------------------------------|-----------|
| Calories (kcal): | 460 |
| % Calories from Fat: | 64.4% |
| % Calories from Carbohydrates: | 19.8% |
| % Calories from Protein: | 15.8% |
| Total Fat (g): | 33g |
| Saturated Fat (g): | 12g |
| Monounsaturated Fat (g): | 13g |
| Polyunsaturated Fat (g): | 5g |
| Cholesterol (mg): | 88mg |
| Carbohydrate (g): | 23g |
| Dietary Fiber (g): | 1g |
| Protein (g): | 18g |
| Sodium (mg): | 420mg |
| Potassium (mg): | 263mg |
| Calcium (mg): | 219mg |
| Iron (mg): | 2mg |
| Zinc (mg): | 3mg |
| Vitamin C (mg): | 1mg |
| Vitamin A (i.u.): | 714IU |
| Vitamin A (r.e.): | 176 1/2RE |

| | |
|---------------------|--------|
| Vitamin B6 (mg): | .2mg |
| Vitamin B12 (mcg): | 1.5mcg |
| Thiamin B1 (mg): | .3mg |
| Riboflavin B2 (mg): | .3mg |
| Folacin (mcg): | 23mcg |
| Niacin (mg): | 4mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0 0% |

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories 460 Calories from Fat: 296

% Daily Values*

| | |
|--------------------------------|-----|
| Total Fat 33g | 51% |
| Saturated Fat 12g | 62% |
| Cholesterol 88mg | 29% |
| Sodium 420mg | 18% |
| Total Carbohydrates 23g | 8% |
| Dietary Fiber 1g | 5% |
| Protein 18g | |

| | |
|------------------|-----|
| Vitamin A | 14% |
| Vitamin C | 2% |
| Calcium | 22% |
| Iron | 13% |

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