

Dutch Oven Delight

Mrs. Everett L. Wright

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

2 pounds lean ground round
3 tablespoons cooking oil
8 ounces elbow macaroni
1 large onion, chopped
1/4 cup bell pepper, finely chopped
1/4 cup celery (optional), finely chopped
1/4 cup green onion (optional), finely chopped
1 can (16 ounce) tomato sauce with tomato bits
1 can (16 ounce) stewed tomatoes
1 1/2 to 2 cups water
2 tablespoons Worcestershire sauce
1 teaspoon seasoned salt
8 drops Tabasco sauce
1/2 teaspoon seasoned pepper
1/2 teaspoon celery salt
2 cans (16 ounce ea) kidney beans

In a large Dutch oven, brown the meat in cooking oil. Drain and retain the liquid.

Return three tablespoons of liquid to the pot. Saute' the spaghetti, onion, bell pepper, celery and green onion for about 5 minutes, stirring constantly. Return the meat to the pot. Add the tomato sauce, stewed tomatoes and water. Mix together.

Add the Worcestershire, salt, Tabasco, pepper and celery salt. Mix thoroughly.

Cover and simmer for 25 minutes, stirring frequently to prevent sticking. (If ingredients appear a bit dry during the cooking, more water may be added.)

Add the kidney beans. Simmer for an additional 10 minutes.

(This dish freezes well.)

Per Serving (excluding unknown items): 323 Calories; 6g Fat (16.6% calories from fat); 15g Protein; 53g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 331mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	323	Vitamin B6 (mg):	.2mg
% Calories from Fat:	16.6%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates: 65.0%
% Calories from Protein: 18.4%
Total Fat (g): 6g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 0mg
Carbohydrate (g): 53g
Dietary Fiber (g): 13g
Protein (g): 15g
Sodium (mg): 331mg
Potassium (mg): 828mg
Calcium (mg): 89mg
Iron (mg): 5mg
Zinc (mg): 2mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 210IU
Vitamin A (r.e.): 22RE

Thiamin B1 (mg): .6mg
Riboflavin B2 (mg): .2mg
Folacin (mcg): 192mcg
Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 323 **Calories from Fat:** 54

% Daily Values*

Total Fat 6g		9%
Saturated Fat 1g		4%
Cholesterol 0mg		0%
Sodium 331mg		14%
Total Carbohydrates 53g		18%
Dietary Fiber 13g		51%
Protein 15g		
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Vitamin A		4%
Vitamin C		29%
Calcium		9%
Iron		30%

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