

Johnny Mosetti Casserole

Betty Weber

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 pounds ground beef
3 green peppers, finely chopped
1 stalk celery, finely chopped
6 onions, finely chopped
1 can tomato soup, undiluted
1 tablespoon Worcestershire sauce
1 can tomato paste
1 can tomato sauce
1 bottle stuffed olives, sliced
2 small cans mushrooms, sliced
1/2 pound sharp cheddar cheese, shredded
1 package wide egg noodles

Preheat the oven to 350 degrees.

In a skillet, brown the meat. Remove from the pan.

Brown the pepper, celery and onion. Add to the meat mixture.

Add the sauces. Add the mushrooms, olives and 1/4 pound of the cheese.

Cook the noodles and add to the mixture. Mix well and place in a casserole dish. (This recipe will make two small or one large casserole.)

Spread the remaining cheese on top.

Bake for one hour.

Per Serving (excluding unknown items): 4370 Calories; 321g Fat (65.7% calories from fat); 230g Protein; 148g Carbohydrate; 29g Dietary Fiber; 1010mg Cholesterol; 5449mg Sodium. Exchanges: 1/2 Grain(Starch); 29 1/2 Lean Meat; 22 Vegetable; 46 1/2 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	4370	Vitamin B6 (mg):	4.9mg
% Calories from Fat:	65.7%	Vitamin B12 (mcg):	25.9mcg
% Calories from Carbohydrates:	13.5%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	20.9%	Riboflavin B2 (mg):	3.0mg
Total Fat (g):	321g	Folacin (mcg):	395mcg
Saturated Fat (g):	146g	Niacin (mg):	54mg

Monounsaturated Fat (g): 128g
Polyunsaturated Fat (g): 14g
Cholesterol (mg): 1010mg
Carbohydrate (g): 148g
Dietary Fiber (g): 29g
Protein (g): 230g
Sodium (mg): 5449mg
Potassium (mg): 6730mg
Calcium (mg): 2000mg
Iron (mg): 28mg
Zinc (mg): 43mg
Vitamin C (mg): 529mg
Vitamin A (i.u.): 11019IU
Vitamin A (r.e.): 1585RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 29 1/2
Vegetable: 22
Fruit: 0
Non-Fat Milk: 0
Fat: 46 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 4370 **Calories from Fat:** 2870

% Daily Values*

Total Fat	321g	494%
Saturated Fat	146g	732%
Cholesterol	1010mg	337%
Sodium	5449mg	227%
Total Carbohydrates	148g	49%
Dietary Fiber	29g	115%
Protein	230g	
<hr/>		
Vitamin A		220%
Vitamin C		881%
Calcium		200%
Iron		155%

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