

Mothers Beef Macaroni Casserole

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

1 1/2 pounds ground beef
2 eggs
1/2 cup ketchup
1/3 cup milk
1/4 cup onion, chopped
1 1/2 teaspoons salt
1 package (8 ounce) elbow macaroni,
cooked according to package directions
2 tablespoons mustard
1/4 cup green pepper, chopped
1/2 cup mayonnaise
1 cup Cheddar cheese, grated
bread or cracker crumbs
butter
sliced tomatoes (optional)

Preheat the oven to 350 degrees.

In a bowl, mix the ground beef, eggs, catsup, milk, onion and salt. Set aside.

In a bowl, mix the macaroni, mustard, green pepper and mayonnaise. Spread the mixture in a baking dish.

Spread the beef mixture on top. Sprinkle with the cheese, crumbs and butter.
Bake for 20 minutes.

Place sliced tomatoes on top, if desired. Bake for 10 more minutes.

Per Serving (excluding unknown items): 3938 Calories; 327g Fat (74.0% calories from fat); 169g Protein; 89g Carbohydrate; 5g Dietary Fiber; 1171mg Cholesterol; 6974mg Sodium. Exchanges: 3 Grain(Starch); 22 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 41 1/2 Fat; 2 1/2 Other Carbohydrates.

Beef, Pasta

Per Serving Nutritional Analysis

Calories (kcal):	3938
% Calories from Fat:	74.0%
% Calories from Carbohydrates:	9.0%
% Calories from Protein:	17.0%
Total Fat (g):	327g
Saturated Fat (g):	115g
Monounsaturated Fat (g):	120g
Polyunsaturated Fat (g):	56g
Cholesterol (mg):	1171mg

Vitamin B6 (mg):	2.9mg
Vitamin B12 (mcg):	20.8mcg
Thiamin B1 (mg):	1.1mg
Riboflavin B2 (mg):	2.4mg
Folacin (mcg):	175mcg
Niacin (mg):	37mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Carbohydrate (g): 89g
 Dietary Fiber (g): 5g
 Protein (g): 169g
 Sodium (mg): 6974mg
 Potassium (mg): 2795mg
 Calcium (mg): 1131mg
 Iron (mg): 19mg
 Zinc (mg): 31mg
 Vitamin C (mg): 55mg
 Vitamin A (i.u.): 3553IU
 Vitamin A (r.e.): 738 1/2RE

Food Exchanges

Grain (Starch): 3
 Lean Meat: 22
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 1/2
 Fat: 41 1/2
 Other Carbohydrates: 2 1/2

Nutrition Facts

Amount Per Serving

Calories 3938 **Calories from Fat:** 2916

% Daily Values*

Total Fat 327g	503%
Saturated Fat 115g	576%
Cholesterol 1171mg	390%
Sodium 6974mg	291%
Total Carbohydrates 89g	30%
Dietary Fiber 5g	20%
Protein 169g	
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Vitamin A	71%
Vitamin C	91%
Calcium	113%
Iron	105%

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