

Beef

Pasticchio

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 6

6 ounces (1 1/2 cups) elbow macaroni

1/3 cup Parmesan cheese, grated

1/4 cup milk

1 egg, beaten

3/4 pound ground beef

1/2 cup onion, chopped

1 can (8 oz) tomato sauce

3/4 teaspoon salt

1/2 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1/8 teaspoon pepper

3 tablespoons butter

3 tablespoons all-purpose flour

1/4 teaspoon salt

1 1/2 teaspoons milk

1 egg, beaten

1/4 cup Parmesan cheese, grated

Preheat oven to 350 degrees.

Cook macaroni according to package directions; drain. Stir in 1/3 cup Parmesan, 1/4 cup milk and one egg; set aside.

In a skillet, cook ground beef and onion until meat is lightly browned and onion is tender; drain off excess fat. Stir in tomato sauce, 3/4 teaspoon salt, cinnamon, nutmeg and pepper; set aside.

In a saucepan, melt butter; blend in flour and salt. Stir in the milk; cook and stir until thickened and bubbly. Cook and stir 1 minute more. Stir HALF the hot sauce mixture into the beaten egg; return all to saucepan. Stir in Parmesan cheese.

Layer Half the macaroni mixture into an 8-inch baking dish. Spoon meat mixture on top of macaroni then second layer of macaroni. Spread cream sauce over all.

Bake, uncovered, for 45 to 50 minutes.

Let stand 10 minutes.

Per Serving (excluding unknown items): 536 Calories; 26g Fat (44.2% calories from fat); 23g Protein; 51g Carbohydrate; 2g Dietary Fiber; 142mg Cholesterol; 869mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat.