

Rings and Things Beef Casserole

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

2 cups macaroni
1 1/2 pounds lean ground beef
1 can (10-3/4 ounce) tomato soup
1 can (10-3/4 ounce) cream of mushroom soup
1 medium green pepper, diced
1/2 cup water
1/4 cup pimiento, chopped
1 can (4 ounce) chopped mushrooms, drained
2 cups Cheddar cheese, shredded
1 can (6 ounce) fried onion rings

Preheat the oven to 350 degrees.

Cook the macaroni according to package directions.

In a large skillet, brown the ground beef. Drain. Set aside.

Butter a 13x9x2-inch baking dish (or a two-quart).

In a bowl, combine the macaroni, ground beef, tomato soup, mushroom soup, green pepper, water, pimiento and mushrooms. Pour into the prepared baking dish. Sprinkle with one-half the cheese, then one-half the onion rings. Repeat the layers.

Bake for 35 minutes.

Per Serving (excluding unknown items): 632 Calories; 39g Fat (55.9% calories from fat); 35g Protein; 34g Carbohydrate; 2g Dietary Fiber; 125mg Cholesterol; 614mg Sodium. Exchanges: 2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 5 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	632	Vitamin B6 (mg):	.4mg
% Calories from Fat:	55.9%	Vitamin B12 (mcg):	3.0mcg
% Calories from Carbohydrates:	21.5%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	22.6%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	39g	Folacin (mcg):	33mcg

