Corned Beef and Noodle Casserole

Peg Byers The Pennsylvania State Grange Cookbook (1992)

Servings: 12

1 package (12 ounce) noodles 1 can (6 ounce) tomato paste 1 can (12 ounce) corned beef 2 3/4 cups water 2 green bell peppers, chopped 2 onions, chopped salt (to taste) pepper (to taste) Preheat the oven to 375 degrees.

In a saucepan, cook the noodles according to package directions. Drain.

In a bowl, mix the tomato paste, corned beef, water, green peppers, onions, salt and pepper.

Stir in the noodles. Place the mixture into a casserole dish.

Bake for 20 minutes.

Per Serving (excluding unknown items): 33 Calories; trace Fat (6.4% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 89mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat.