
Homestyle Ground Beef Casserole

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 1 hour 20 minutes

1 pound ground round

1 can (14-1/2 ounce) diced tomatoes with basil, garlic and oregano, undrained

1 can (10 ounce) diced tomatoes and chilies, undrained

1 can (6 ounce) tomato paste

1 teaspoon table salt

1/2 teaspoon dried Italian seasoning

1/4 teaspoon black pepper

3 cups uncooked medium egg noodles

5 scallions, chopped

1 container (8 ounce) sour cream

1 package (3 ounce) cream cheese, softened

4 ounces (one cup) sharp cheddar cheese, shredded

3 ounces (one cup) Parmesan cheese, shredded

4 ounces (one cup) mozzarella cheese, shredded

In a large skillet over medium heat, cook the ground round for 8 minutes, stirring until it crumbles and is no longer pink. Stir in both cans of diced tomatoes, tomato paste, salt, Italian seasoning and pepper. Bring to a boil. Reduce the heat and simmer, uncovered, for 5 minutes. Remove from the heat. Set aside.

Preheat the oven to 350 degrees. Cook the egg noodles in boiling salted water according to package directions. Drain. Stir together the hot cooked noodles, chopped scallions, sour cream and cream cheese until blended.

Spoon the egg noodles into a lightly greased 13 x 9-inch baking dish. Top with the beef mixture. Sprinkle with the shredded cheeses in the order listed.

Bake, uncovered, for 35 minutes. Uncover and bake 5 minutes more. Let stand 10 to 15 minutes before serving.

(NOTE: Freeze the assembled, unbaked casserole for up to one month, if desired. Thaw in the refrigerator overnight. Bake as directed.)

Ground Beef

Per Serving (excluding unknown items): 973 Calories; 79g Fat (72.8% calories from fat); 56g Protein; 11g Carbohydrate; 1g Dietary Fiber; 260mg Cholesterol; 1576mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 11 Fat.