Rings and Things Beef Casserole

Betz Spacek and Kay Holman 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

Dar Camina Mutritional 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 (q):	39g	Folacin (mcg):	33mcg

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Saturated Fat (g): Monounsaturated Fat (g): Polyunsaturated Fat (g): Cholesterol (mg):	18g	Niacin (mg):	9mg
	14g	Caffeine (mg):	0mg
	2g	Alcohol (kcal):	0
	125mg	½ Pafusa:	n n%
Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg): Calcium (mg): Iron (mg): Zinc (mg): Vitamin C (mg): Vitamin A (i.u.): Vitamin A (r.e.):	34g 2g 35g 614mg 535mg 302mg 4mg 6mg 31mg 690IU 149RE	Food Exchanges Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	2 4 1/2 1/2 0 0 5

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving				
Calories 632	Calories from Fat: 353			
	% Daily Values*			
Total Fat 39g	60%			
Saturated Fat 18g	90%			
Cholesterol 125mg	42%			
Sodium 614mg	26%			
Total Carbohydrates 34g	11%			
Dietary Fiber 2g	6%			
Protein 35g				
Vitamin A	14%			
Vitamin C	52%			
Calcium	30%			
Iron	24%			

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